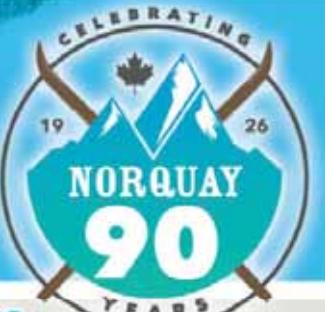


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Cycling's new era: Day 1

Aimee Ferguson and Mark McConnell ride the 12 Avenue cycle track in downtown Calgary on its opening day Tuesday, braving the rainy weather. More on the new separated bike lane in **metroNEWS**. HELEN PIKE/METRO

Cancer travel's a struggle

HEALTH

Expenses high for families fighting disease



Jennifer Friesen
For Metro

Sean Rooney has been dreading Sunday nights for almost two years.

They marked the time for him to drive home to Medicine Hat, leaving his son Dominic and wife Trish at the Alberta Children's Hospital.

On Sept. 12, 2013, Dominic was diagnosed with acute myeloid leukemia. Too afraid to take their son home, three hours away from the nearest hospital

that could treat him, they stayed in Calgary. But with money running low, Sean returned to his job in Medicine Hat, making the trip each week to visit his family while Trish stayed with Dominic.

In 2014, Dominic was in the hospital for 299 days and Sean drove 28,800 kilometres.

It's a struggle many parents face, according to Carie Stock, founder of Helping Families Handle Cancer.

"A lot of families can't afford to have both parents not working," she said. "We see people coming from all over Alberta, B.C. and Saskatchewan for treatment, and you can't just get a job for a few months here in Calgary, so it becomes a huge travel expense."

FOR MORE ON THE ROONEYS AND OTHER FAMILIES, see page 10

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Edgemont community fears skatepark is dead

RECREATION

Anti-boarder board voted in by what's being called a 'coup'

Helen Pike
Metro | Calgary

If there's anyone who can truly say, "Yes please, in my back yard" when it comes to the Edgemont skatepark, it's Glen Kayler.

The father of two and his wife live just beside the once-proposed site of a long-awaited skater's heaven, until a group of naysayers in his neighbourhood stepped in to ask the city to reconsider — and succeeded.

Now, months later, Kayler is disappointed and concerned the project won't go ahead at all.

"It's all about my kids. It's about the neighbourhood kids. It's about giving them an extra facility. It's about adding benefit to the community and adding value to the community," said Kayler. "Someone can come in, just like that, and kibosh it? In a lot of respects, it was just disheartening to see so much negativity."

He said when he was younger he had to organize a group of skateboarders to talk to coun-



Glen Kayler holds his five-month-old Lachlan while his three-year-old Halle takes the wheels on Dad's longboard. JENNIFER FRIESEN/FOR METRO

cil to advocate for themselves. Going to community meetings in Edgemont, the principle seemed simple.

"I see more than anybody in this neighbourhood what goes on in this park," said Kayler. "I grew up skateboarding ... looking back, I would have died to

have such a facility."

Ten members of the concerned-citizens group are now sitting on the Edgemont Community Association board after what was described by Elspeth Kirk, who sat on the previous board for nearly 20 years, as a "coup."

"It was very planned and very deliberate," she said.

Kirk said before the community's annual general meeting, the group passed out flyers that read, "You can help stop the madness!" and "This is time for change!" with photos of skateparks and a call to ac-

CRIME

Foster parent accused of assault

Anna Brooks
Metro | Calgary

Four elementary-aged children have been removed from a southeast Calgary foster home after two of the children allegedly faced sexual and physical assault at the hands of a foster parent.

Staff Sgt. Melanie Oncescu with the Calgary Police Service (CPS) Child Abuse Unit said the foster father is facing sexual assault charges after one of the children came forward to a teacher about being touched sexually at a foster home in New Brighton.

"The female victim disclosed to a teacher at school, and we became involved at that point," Oncescu said. "The important part is that child had someone they could trust, and our job is to make sure they're safe moving forward."

The young girl also told her teacher another boy around the same age had also been assaulted. After a police investigation was launched, Oncescu said the young boy informed police the same man had shut him up in a dark room before putting him outside with no clothes in winter weather.

Fortunato Jinon, 46, has been charged with assault, sexual assault and sexual interference with a child under 16 years of age and is scheduled to appear in court July 2.

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POLITICS

Wildrose questions civil appointment

Premier Rachel Notley is being criticized for appointing a high-level NDP political operator to a top job in Alberta's non-partisan civil service.

Opposition Wildrose critic Derek Fildebrandt says John Heaney's record as a "party apparatchik" in British Columbia raises questions about why he is getting a taxpayer-funded job to act in an impartial role.

Notley appointed Heaney as acting associate deputy minister of policy and planning

last week.

That makes him one of the highest-ranking civil servants in Alberta.

Heaney has been on a leave of absence as chief of staff for the Opposition NDP in B.C. to help Notley with the transition to power.

Notley's spokeswoman says Heaney's job is short term, but no end date has been set.

She notes Heaney has worked in B.C. as a civil servant.

THE CANADIAN PRESS

POLITICS

Clark planning to review living expenses



What I'm asking is we expense what it actually costs us to live in Edmonton, up to a cap.

MLA Greg Clark

For newly sworn-in MLA Greg Clark, something in his living expenses doesn't quite add up.

With his rent at \$1,050, his \$1,930 fixed living allowance is \$880 too much — but he can't claim any less.

On Tuesday, the Alberta Party leader announced his planned motion to review MLA pay and perks, starting with living expenses.

"It's really simple change. What I'm asking is we expense what it actually costs us to live in Edmonton, up to a cap," said Clark, who now represents Calgary-Elbow. "I think that's just simple good physical discipline."

A Metro article from April revealed MLAs claim a wide range of expenses, be it a cheap cup of morning joe or thousands of dollars in banquet costs, all of which Clark said he will look into as they come up.

"I'm so new I haven't experienced it yet," said Clark. "I can expense 35,000 kilometres of travel with no receipts. That doesn't make any sense — even the Canada Revenue Agency requires you to maintain a vehicle log if you're going to expense anything on a business account."

He added all of the extra cash from his unexpected bonus, amounting to around \$10,000 annually, will be donated to charity instead until a solution is found. HELEN PIKE/METRO

CRIME

Pub worker estimates thieves made off with \$2,500



Morgan Modjeski
Metro | Calgary

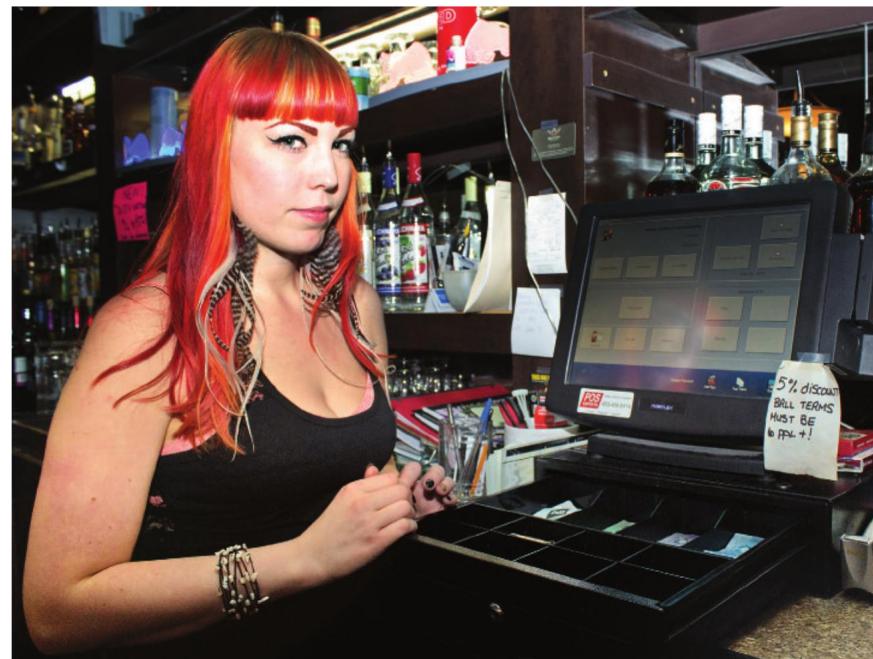
City police are looking for two suspects following an armed robbery at a pub on Monday night that was like something out of TV, according to one of the victims robbed at gunpoint.

At roughly 11:30 p.m., two masked men broke into the Creekside Bar and Grill located in the 1000 block of Canyon Meadow Drive SW wielding guns and looking for cash.

Slyvanna Hug was chatting with an associate about an upcoming excursion to the gym when the robbery occurred. Speaking to Metro the next day, the Creekside employee said she felt it wasn't a typical smash-and-grab.

"They said, 'We're not going to hurt you; we just want the money,'" Hug said, noting both of the men were armed — one with a single gun and the other with a weapon in both hands.

"They were really smooth. They came in really quick," she said. "It almost reminded me of an episode of Gotham or something, just because it was so real and crazy."



Slyvanna Hug, an employee at the Creekside Bar and Grill, was robbed at gunpoint on Monday night. MORGAN MODJESKI/METRO

But despite being "demanding and blunt," the armed men said little to the employees.

"They didn't speak much. They just said, 'Give us the money.' It happened in two minutes exactly."

She said after the men demanded money from the till, alongside money that was being used for VLTs, the thieves also tried to make off with her

iPhone 6, but she wouldn't have it.

"The shorter guy grabbed my phone on the counter and I ran after them and I grabbed the phone out of his hands and I said, 'Please don't take this, please don't,'" she said, adding the man then dropped the phone after a short tugging match.

"Something just came over

me and I wasn't scared. There was no fear," she said.

While the Calgary Police Service did not release how much money was stolen, Hug estimated the loss at \$2,500.

Those with information on the robbery are asked to come forward to the Calgary Police Service by calling 403-266-1234 or Crime Stoppers to report the information anonymously.

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Does 'discovery' math add up?

EDUCATION

Parents decry fundraising for teaching they claim is 'failing'

Jeremy Nolais
Metro | Calgary

The equations are the same but the teaching is changing.

A move toward the math curriculum of the future — one which some have dubbed “discovery-style learning” — appears to have left some Calgary parents scratching their heads while educators say the goal, albeit a difficult one, is to provide a more enriching education.

“What traditionally has been called math is really just arithmetic. It’s calculating,” said Brenda Gladstone, chief operating officer for the Galileo Educational Network, which offers programming in numerous Calgary Board of Education schools. “If you say to a child, what’s five times 32 or something, they can quickly calculate it in

their head. It’s something they should learn but it’s about two per cent of the math curriculum. Mathematics is far more than just that.”

But Galileo’s programming is left to the principal’s discretion on whether to offer in a CBE school.

Three parents speaking to Metro accused Galileo of being proponents of “discovery” math and not providing their kids with the tried-and-true formulas and skills, like the times tables and long division.

Kelly Penn’s older daughter already progressed through the school’s elementary math courses and she said she’s now had to turn to a tutoring program as she’s fallen two grade levels behind.

“Twenty-thousand dollars is a huge chunk of change that is clearly failing in one large area (math),” Penn said.

She now has another daughter progressing through Royal Oak and fears “damage” will be done to her, too.

The fundraising campaign has proven particularly tough to swallow for mother Shawna Torres in the wake of a report last week pointing the finger at discover teaching for a decline in Canadian students’ math skills.

The report found that eight of 10 provinces recorded statistically significant decreases in Program of International Student Assessment (PISA) scores between 2003 and 2012 and noted the drops were particularly sharp in Alberta and Manitoba.

Report author Anna Stokke argued that teachers should base 80 per cent of their math teaching on direct learning, such as memorization, and only 20 per cent on discovery-based techniques.

Torres agrees.

“I am not impressed with the notion that my child can ‘discover’ math concepts simply by wasting countless hours working on multiple strategies in an attempt to solve a simple math problem,” she said.

\$20K

Parents have been asked to assist with a \$20,000 fundraising initiative to keep it active.



Kelly Penn said 'discovery math' already failed one of her daughters and now she fears for another. JENNIFER FRIESEN/FOR METRO

BACKGROUND

CBE math specialists explain teaching shift

Rakhee Vijairaghavan, a math specialist with the Calgary Board of Education, said the public board doesn’t subscribe to “discovery” math, but rather a balanced approach.

“What it means is it’s just as important for students to understand why they’re learning the math that they’re learning as it is for them to learn appropriate and efficient strategies for applying what they’re learning to different contexts,” she said.

Fellow specialist Kirk Newman said the new math curriculum demands more from both students and teachers. To give an idea of the shift in math teaching, he turned to geography.

“You could memorize all the capitals of the world in geography and that would serve a very limited and specific purpose,” Newman said. “A probably broader — or greater — serving purpose would be to understand what the function of a capital city is, how it came to be the capital, how it defines the way that it works.”



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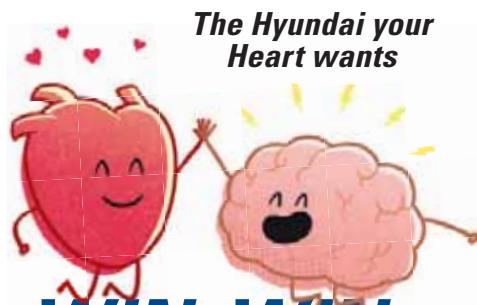
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Critic sees red over rainbow road plan

POLITICS

Colourful crosswalks meant to support gays

Robson Fletcher
Metro | Calgary

Coun. Sean Chu said Tuesday he wants the city to paint rainbow crosswalks at a busy Beltline intersection as a gesture of inclusion to the gay community, but the councillor who represents the area is slamming the move as a cheap political ploy.

Coun. Evan Woolley said Chu never contacted him about the idea to repaint the pedestrian crossings at the corner of 17 Avenue and 4 Street SW.

He also questioned the motive behind the sudden public release of the plan, barely a week after Chu's controversial tweet about the gay-marriage referendum in Ireland.

Chu, however, said he's been working on the crosswalk idea "for a few weeks now" and it has no connection to the comment on Twitter, for which he has already apologized.

In that tweet, Chu compared the Irish vote on gay marriage to Calgary's own "social revolution" to "screw" downtown businesses with the new cycle-

I think (rainbow crosswalks) will be great for the city.

Coun. Sean Chu

track network. Woolley said Chu's move now comes across as a lazy attempt to curry favour with the gay community and media after his gaffe.

"When you make mistakes, you then engage the community you've made mistakes about, instead of sending out ill-conceived ideas," Woolley said.

"Promoting and supporting diversity is about conversation."

Chu said he simply wanted to keep Calgary current with cities like Vancouver and Edmonton that have rainbow crosswalks.

He added that time was of the essence in getting the idea to council and hopefully finished before the Calgary Pride Parade on Sept. 6.

Metro reached out to Pride organizers for comment but did not hear back.

Chu also said his motivation is simple.

"I always support human rights, equality, and inclusiveness," he said.

"I think this will be great for the city."

His motion on rainbow crosswalks is set to be heard at city council on June 29.



Rainbow crosswalks already exist in Vancouver as a symbol of LGBT pride and inclusion. METRO FILE

Cycle track opens to busy, rainy day

TRANSIT

12 Avenue leg opens to both excitement and frustration



Helen
Pike
Metro | Calgary

Rain couldn't keep away cyclists and critics of Calgary's newly opened segment of the Centre City Cycle Track Network Tuesday, as the city's "bicycle ambassadors" reported speaking to more than 600 people on its first day of being open.

The 12 Avenue leg of the network, between 11 Street SW and 3 Street SE, opened weeks ahead of schedule to an array of positive folks eager to ride the route, people not too sure what to make of it, and folks dead-set against tightening up the road space.

Nareesa Karmali, a student, said she's excited to try out the track once the weather is warmer.

"It is a big city for bicycling," Karmali said. "As much as drivers hate it, because I know that they do, I think it's important that we have it here."

The city said numbers on the inaugural day won't come out until Wednesday morning when the data team downloads



A vehicle takes a right across the newly-painted green section of the 12 Avenue cycle track.

HELEN PIKE/METRO



We found that people were going out of their way to use the new cycle tracks.

'Bicycle ambassadors'

the results from their bike-counting technology.

The "bicycles ambassadors" declined to be interviewed individually but issued a statement after their first day on the job.

"Traffic seemed to flow well this morning," the statement read. "With any new roadway it takes time for people to adjust, that's why we are out on the street answering questions and in office towers during lunch."

Walking along the pedestrian sidewalk, the ambassadors were easy to spot in their

neon vests with bright blue shirts handing out pamphlets with information about the new lane and broader pilot project.

"We saw lots of people on bikes smiling and people were interested in ... how to use the new cycle tracks and were happy to hear they were open," the team stated.

"We found that people were going out of their way to use the new cycle tracks."

REACTION



The bike lane design should have been done in a better way. I'm a motorist and it's slowed down my commute.

Dustin Linke



I don't know what to think because I have no idea how they work.

Jeremy Greene



I think it's a really great idea. Cyclists need more attention in Calgary.

Nareesa Karmali



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Landlords feeling pinch

HOUSING

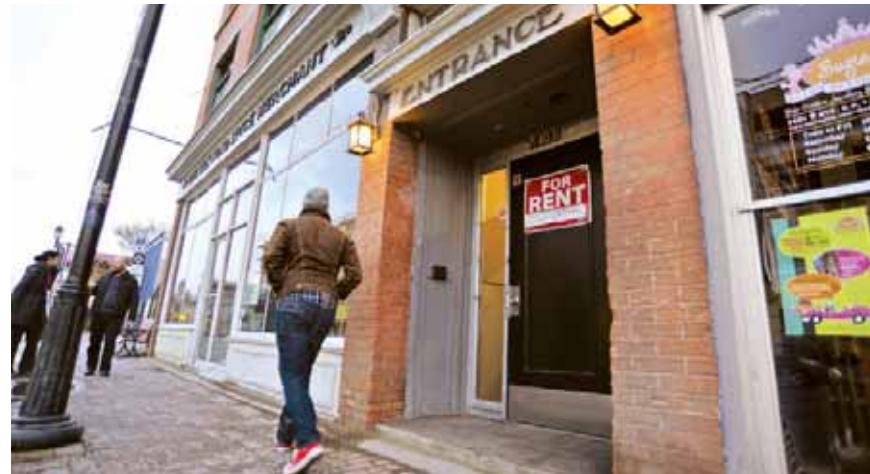
Rent prices down as oil economy slumps

Robson Fletcher
Metro | Calgary

Calgary landlords are seeing a noticeable drop in the number of prospective tenants, and some are opting to reduce their rents in response, as the city's once red-hot housing market appears to have cooled substantially, according to industry representatives.

"People are telling me it's taking longer to rent their units; they're not getting as many calls now," said Gerry Baxter, executive director of the Calgary Residential Rental Association. "It certainly appears at this time that the economic downturn is starting to now impact this industry."

Baxter said the impact has been most pronounced in the



Calgary's once red-hot rental market appears to be cooling fast, say industry representatives.

METRO FILE

past month or two. He figures job losses in the oil-and-gas and related sectors are behind the change.

"Many people are telling me they've got people breaking their leases and moving out of the province," Baxter said.

Bill Blake of the Alberta Landlords Association, which repre-

A lot of newer landlords ... they're getting really stressed out.

Bill Blake, Alberta Landlords Association

sents smaller "mom-and-pop" rental operations and provides online forums where landlords can discuss their issues, said his members started seeing things change as early as January.

"The market definitely has changed," Blake said. "We're just not getting nearly as many calls."

He said things are especially different compared to last year, when many landlords had their pick of prospective tenants and some were raising rents by 20 to 30 per cent year-over-year, leading Mayor Naheed Nenshi to admonish many for price "gouging."

While Blake noted it's not a perfect measure, the Canada Mortgage and Housing Corporation's (CMHC) twice-annual reports on vacancy rates is often looked at as a measure of rental-market trends.

Last year, CMHC predicted a 1.6 per cent vacancy rate for Calgary in 2015, but Felicia Mutchard, the group's principal of market analysis for the city, told Metro in April the figure could actually be closer to 2 per cent, given "some of the effects of the low oil prices on local housing markets."

With the CMHC's next report due out later in June, Baxter said he wouldn't be surprised to see that figure jump even higher.

"Based on what I'm hearing, I think we might see more than two per cent, because it seems the market is taking a bit of a hit," he said.

1.4%

The residential rental vacancy rate in Calgary in April 2014, according to the Canada Mortgage and Housing Corporation.
METRO

1.6%

The Canada Mortgage and Housing Corporation's initial prediction in 2014 as to what the vacancy rate would be in 2015.
METRO

2.0%

The Canada Mortgage and Housing Corporation later revised its vacancy-rate estimate upward after oil prices crashed. Some landlords now think the actual number will be even higher than 2 per cent when the newest report comes out later in June.
METRO

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Blair France sits with husband Trevor and daughters Elexary, left, and Deborah. METRO

Mom is at 'wits' end'

CALGARY HOUSING COMPANY

Bullying goes on despite her efforts to build community

 **Jeremy Nolais**
Metro | Calgary

She doled out more than 500 hamburgers, 250 hot dogs, danced with kids to hip hop, painted faces, and much more in a bid to bolster spirit in her Calgary community.

But mother Blair France said the bullying in Shaganappi Village has persisted, perhaps even gotten worse.

"I'm at my wits' end," she said. "We are moving."

"Me and my husband, we sleep on the couches now," she added. "We don't sleep in our bed because we're afraid something's going to happen in our bed."

The France family lives in a subsidized home offered through Calgary Housing Company.

In a past interview with Metro, France said many of the children in the neighbourhood have parents working multiple jobs and there are few people to watch over them and little to occupy their time.

After rocks were tossed at her living room window while her toddler played below,

I call them every time and they don't ever call me back.

Blair France

"They never said anything about transferring us at all. They also said that we need to be contacting them when stuff happens."

"Well, I call them every time and they don't ever call me back."

Metro attempted to contact Calgary Housing Company Tuesday afternoon, but a representative said they would address questions on the matter Wednesday.

HOSPITALS

One dead after tainted water in dialysis

Alberta Health Services says one of four dialysis patients treated with contaminated water in an Edmonton hospital last week has died.

AHS says it is not known if the patient's death on Sunday was connected to the water problem two days earlier at Royal Alexandra Hospital.

The health agency says another patient remains in hospital, one has been moved off the acute-care unit and another

has been discharged.

AHS says a wrong valve was opened during regular system cleaning and a chemical was released into the water used for dialysis. The error was discovered during monitoring and the dialysis water supply was immediately turned off.

AHS says portable dialysis was used while the water was flushed and cleaned.

"Our heartfelt condolences go out to the family of the patient

who died," Vickie Kaminski, president and CEO of Alberta Health Services, said in a release Tuesday.

"We apologize that this incident occurred. It should not have happened and we will do all we can to support the patients' families and loved ones through this difficult time."

Kaminski said AHS is installing extra lockouts on valves, improving valve indicators and using better signage to ensure

the water supply is protected from contamination.

It is also conducting a review to identify ways to prevent something similar from happening again. THE CANADIAN PRESS



We apologize... It should not have happened.

AHS CEO Vickie Kaminski

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Foundation helping ease cost of travelling for cancer treatment

HEALTH

Charity raises money to help families cover their bills



Jennifer Friesen
For Metro

Carie Stock founded Helping Families Handle Cancer seven years ago to help families like the Rooneys.

Through donations and fund-raisers, the foundation raises money to cover bills, groceries, parking fees, rent and travel expenses for families affected by cancer.

A year after their son Dominic was diagnosed with leukemia in 2013, a social worker referred Sean and Trish Rooney to Helping Families Handle Cancer, and the organization began paying for monthly parking passes, gas and groceries for the family.

"They gave us one less thing to worry about so we could focus on Dominic," said Trish. "And financially, we have been lucky and had a lot of donations, but I know a lot of families that aren't as lucky. For them, Helping Families Handle Cancer is keeping them from foreclosing on their home."

Ray Letondre's two-year-old son, Malcolm, suffered from acute lymphoblastic leukemia, and a year after his diagnosis, he had a heart attack. On Friday morning, Letondre said his son passed away.

Letondre said that along with Malcolm and Malcolm's mother, they had to travel from Calgary to Edmonton for his treatment. He lost his job last December due to his relocation, and is now trying to support Malcolm's twin brother, his new wife and stepson on no income. They were staying in a hotel when they got involved with Helping Families Handle Cancer, and Letondre said he was close to selling his home.

"Things started to deteriorate



Two-year-old Dominic Rooney was diagnosed with acute myeloid leukemia 19 months ago. His parents Sean and Trish had to bring him to Calgary from Medicine Hat for treatment, beginning in 2013. JENNIFER FRIESEN/FOR METRO

and eat up the savings because we had a sick child," he said. "And as parents, you're willing to sell the farm to make sure that they're OK."

Since 2013, the Canadian government has offered employment insurance to parents with critically ill children, offering 55 per cent of their average weekly

earnings for up to 35 weeks.

Trish received 26 weeks of the payment, but her time ran out last May.

"The 26 weeks was nice, but it

should be able to be extended," she said. "What happens after 26 weeks? My kid can only be sick for five months? Cancer is never an easy fix and your kid needs you there to make decisions for them that they can't make."

Dominic's treatment stopped in December, after the doctors told Sean and Trish that he is now terminal. They've been able to take him out of the hospital and back home to Medicine Hat.

"We were told he would die in January," Trish said late last month. "But it's now May, and he's still here, so we're not going to live like he's going to die tomorrow, we're going to live like he's alive."

In the past seven years, Helping Families Handle Cancer has given \$250,000 out to 197 families, and last year alone they spent \$158,000.

"These parents are struggling already," said Stock. "We're trying to make it a little easier, so parents can be there for their kid instead of worrying about money."



The 'Get-your-own-place' Stage.

See page 31 for full details.

EDMONTON

E-Park launch delayed



Ryan Tumilty
Metro | Edmonton

The long-awaited rollout of Edmonton's E-Parking meters is being delayed at least a month, as the city has yet to sign the necessary contracts.

City councillors endorsed plans earlier this year to sign an agreement to use Calgary's Park Plus system as the software for the new electronic meters.

The Calgary system allows drivers to pay for parking with credit cards and top up parking with their phones, plus it allows for easier enforcement.

The city issued a separate tender for the physical machines and while that has closed, city spokeswoman Laura McNabb said they're still ironing out the details.

She said the new target is the end of June, but that is a soft target with no official date.

But the head of Cale Parking

Systems, the company that supplies Calgary's machines, is facing bribery charges relating to the company's dealings in Portland, Ore.

According to a press release from the U.S. Attorney's office, George Levey the president and owner of the company pleaded guilty on April 29 and will be sentenced in August.

McNabb said the city is aware of that situation, but can't say if Cale was at all involved in the bidding.

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Left: Riders prep for their upcoming shows at Spruce Meadows in Calgary on June 2, 2015. **Top right:** A horse is bathed after a long run at Spruce Meadows. **Bottom right:** Marg and Ron Southern, at the unveiling, sit in front of a sculpture in their image, placed at the Founders' Plaza at Spruce Meadows. JENNIFER FRIESEN / FOR METRO



Spruce Meadows celebrates 40 years

ANNIVERSARY

Grew into a world-class facility for tournaments



Jennifer
Friesen
For Metro

In 1975, Marg and Ron Southern set up stock in a cattle feed lot just outside of Calgary's city limits.

Marg began tending the land by planting 164 spruce

trees, but, as Linda Southern-Heathcott explains while stifling a laugh, Marg was cut short by a drought that year. Despite all the trees dying off, her efforts still gave the equestrian facility its name: Spruce Meadows.

Now, 40 years later, Spruce Meadows has grown to be a world-class facility for tournaments, and according to equestrian Olympian Ian Millar, "It's the finest facility in the world, which is an amazing thing for Canada and Alberta."

"It doesn't look like a cattle feed lot any more," said Millar,

who has been competing at Spruce Meadows since its inception. "I watched it develop and grow over the years, and you're always amazed every time you come back. They always come up with a new project and a new improvement. They never stop."

From June 3 to June 7, the National Tournament will bring in horses from across the globe, all vying for the \$1.2-million in prize money. On Tuesday afternoon, a crowd gathered at Spruce Meadows to kick off the 40th anniversary season, and to see the unveiling of a new sculpture for the

Founder's Plaza.

Before the sculpture was revealed, Southern-Heathcott grew teary-eyed in a short speech, thanking her parents, Marg and Ron, for "dreaming what Spruce Meadows could be over the years."

"There are no two people that are better known for their community initiatives," she said. "This is really a tribute to Ron and Marg."

The bronze sculpture replicates a 1973 photo of Ron and Marg, leaning over a fence and inspecting blueprints for what would become Spruce Meadows.



You take what you desire, and you will it. It's not just having a daydream.

Ron Southern

Crafted by Marlene Hilton Moore, the inscription next to the sculpture reads: "The Spruce Meadows Founders, such a long time ago, such dreams, such dedication, such spirit, such commitment, such success, such memories, such legacy, such excellence, Marg and Ron Southern (1973)."

After the statue was revealed, he took a moment to kiss his wife, and then looked up to the statue.

"It's been 40 years and in some ways it feels like the blink of an eye," he said. "You take what you desire, and you will it. It's not just having a daydream... it takes a certain will to believe that this imagination, this idea going around in your mind is going to be worthwhile pursuing."

ADDITIONAL EVENTS

National Tournament

Alongside the tournament itself, Spruce Meadows is holding a few other events to explore.

1 War Horse to Sports Horse

In the pavilion's upper plaza, an exhibition explores human kind's history with horses — dating back thousands of years.

2 Horses Jump to Give a Leg Up

Twenty not-for-profit organizations will take part in decorating a life-sized fiberglass horse. Calgarians will be offered the chance to vote on their favourite equine impersonator, earning the organizations cash-prizes for their charities.

3 Wetlands Education Program

With the on-site wetland, Spruce Meadows offers up an exploration for students looking to learn about the wetlands.

4 School Tours

Children from Grade 1 to Grade 7 will have the chance to learn all about plant and animal life cycles. Interactive stations will teach students how to grow the perfect carrot or care for a horse.

5 Spruce Meadows Prairie Dogs

This event draws a major crowd. The obstacle courses and hoop jumping will take place all weekend.

6 Exploring Horse Anatomy

With budding veterinarians from the University of Calgary, this pavilion teaches students how to take care of a horse and offers up life-like models of horse anatomy.

7 Saluting First Responders

With interactive exhibits, first responders and water rescue boats, ambulances and aviation support will be on the ground during the National Tournament.



The 'Put-a-ring-on-it' Stage.

See page 31 for full details.

Online map can identify city's risky cycling spots

TRAFFIC SAFETY

Creators hope to find trends as Calgary usage grows

Robson Fletcher
Metro | Calgary

Citizen-driven data is increasingly populating an online map of Calgary with information on where cyclists have crashed, encountered near collisions, or other types of hazards.

Creators of BikeMaps.org hope that, as the data set gets richer, they will be able to identify high-risk "hot spots" in Calgary as they have already done in Victoria, based on hundreds of submissions from cyclists in that city.

"We were able to identify eight locations where cyclists need to use a bit more caution, and drivers, too," said project manager Karen Labaree.

The free online offering comes from the Spatial Pattern Analysis and Research (SPAR) Lab at the University of Victoria.

The software, launched last October, can technically accept reports from cyclists anywhere in the world, but most so far have come from Victoria and Vancouver, with uptake being slow in Alberta until Bike Calgary published a blog post about the software last week.

Suddenly, the data set went from about six reports in Calgary to nearly 50 in the span of two days. Labaree said that's still not enough to do the kind of analysis researchers have done in Victoria, but it's getting closer.

"Two-hundred is kind of the magic number," Labaree said.



Above: Members of the Spatial Pattern Analysis and Research (SPAR) Lab at the launch of BikeMaps.org in October 2014.

Right: The user interface of the software. Zooming in on the map reveals more detail, and reports are tied to specific geolocations.

CONTRIBUTED; INSET: SCREENSHOT

"Once we get over 200, we can really start to look at some patterns in the data and we can do some hot-spot analysis to really tease out where the areas are that cyclists need to be aware."

Using the map — either to submit a report or read through others' submissions — is free and requires no registration, although Labaree said registering comes with the ability to define your favourite cycling routes and get automatic updates when others file a report in that area.

She said the citizen-driven data provides new insights into cycling safety that weren't possible based on police or insurance reports alone.

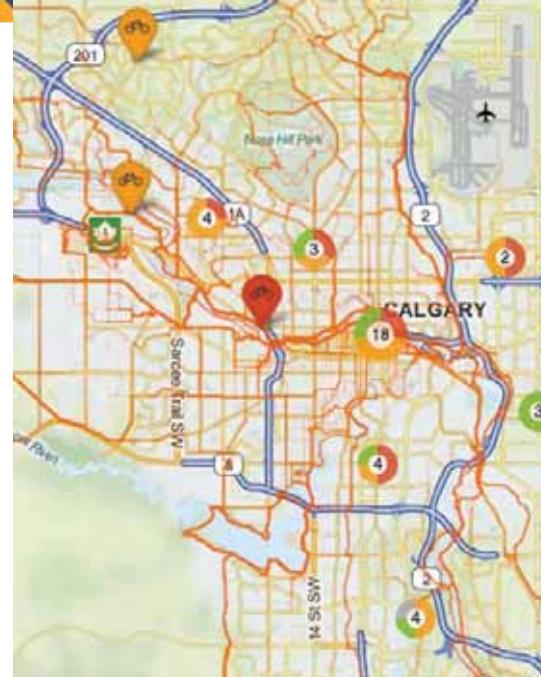
"There is a real dearth of information on cycling incidents because typically only 30 per cent of bike crashes are ever logged by an official means," Labaree said.

+ 'EARLY DATA'

Of the dozens of incidents reported to BikeMaps.org in Calgary so far, 44 per cent of collisions and near collisions occur between 6 a.m. and 8 a.m. The same data show 26 per cent of collisions and near collisions happened between 4 p.m. and 6 p.m.

Researchers caution this data is "early" and more reports are needed before significant conclusions can be drawn.

Labaree said the SPAR Lab is also working on a mobile version of the software in the form of an app for Android devices.



IN BRIEF

Fake Calgary firefighter tries to get into Winnipeg woman's apartment

A man claiming to be a firefighter from Calgary tried to get in a woman's apartment last week.

Winnipeg Police said last Sunday they got a call from a woman who said a strange man came to her door, said he was a Calgary firefighter, and said he wanted to come in because he smelled smoke.

The 29-year-old woman said the man did show her a badge, but she immediately closed and locked

her door because she was scared for her safety.

DAVE BAXTER/METRO IN WINNIPEG

Minor quake shakes Rocky Mountain House

Residents in west central Alberta had a shaky start to the day.

The Geological Survey of Canada said an earthquake happened around 8:30 a.m. near Rocky Mountain House.

The agency's Honn Kao says the quake was minor and registered 3.5 on the Richter scale. No damages have been reported.

THE CANADIAN PRESS

'PROJECT WATCH'

Minister pledges housing action



Ryan Tumilty
Metro | Edmonton

Alberta's new Human Services minister has asked his department to find ways to address the problems Edmonton Police uncovered with the government's use of motels to house vulnerable people.

As Metro first reported, Edmonton Police launched an initiative called Project Watch over a year ago, after initially noticing a spike in crime and disorder calls around a cluster of motels in West Edmonton.

Police eventually found the motel rooms were being rented to vulnerable families at government expense. It found the rooms were often in terrible conditions, with bed bugs, mice and other problems commonplace.

It also found that vulnerable families were living alongside people involved in drugs and prostitution.

"Seven deputy ministers are working towards reviewing the recommendations of the Edmonton Police Service Project Watch and we will do our best to make sure that families get what they need," said Human Services Minister Irfan Sabir, in an exclusive interview with Metro at the legislature on Tuesday. He said he expects recommendations from those deputy ministers by the end of this month.

The MLA said, overall, he wants to move the department away from using motels, but for now he wants them to be safe.

"Our number one priority is to make sure that vulnerable people have permanent, stable housing and that hotels and motels are only used as a last resort," he said.

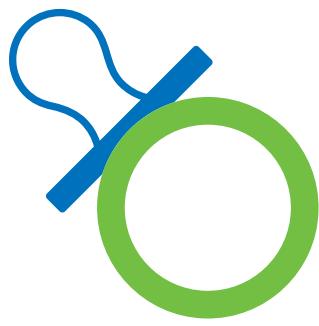
Sabir said there has been a lot to digest in the ten days he has been minister, but he hopes to deal with the problem quickly.

"We will make sure that those families get safe and stable housing."

According to Sabir, the department spent \$4.57 million on emergency housing vouchers for situations like this in the last fiscal year, with 87 per cent of that money going to clients in Edmonton.

Susan McGee, CEO of Edmonton's Homeward Trust, told Metro last month that her agency had been working on the problem since December and had managed to place 42 families in permanent homes, with the agency working with another 70.

Sabir said the real solution to the problem is clearly more affordable housing and he is open to working with all levels of government to see it built.



The 'Baby-on-the-way' Stage.

See page 31 for full details.

Suspect sought in CTrain sex assault

KERBY STATION

Man pulled woman off train, forced himself on her

Police are searching for a man they believe to be involved with the sexual assault of an 18-year-old

woman at a Calgary train station.

Police said the woman was standing on the Kerby Station CTrain platform Tuesday when she was approached by an unknown man.

According to police, the man followed her on to the train and put his arm around her and attempted to grab her bag.

Police said the man lugged

the woman off the train at the next stop and began to kiss her, despite her attempts to get away.

The woman called a family member who then contacted police. Once the suspect heard police were on the way he left the area.

With help from video footage, police described the man as black, between 25 and 30 years old, around six-feet

tall with short, curly hair with a prominent receding hairline.

At the time of the incident he was wearing black pants, a black shirt, black and white striped shoes and carrying a grey backpack.

Anyone with information about the man is asked to call the Calgary Police Service at 403-266-1234 or Crime Stoppers.

METRO



Calgary Police believe this man may be connected to a recent sexual assault on a CTrain platform. CALGARY TRANSIT/CALGARY POLICE



Const. Michael Bertin leads the service's team of people who assist and support victims of crime JENNIFER FRIESEN / METRO

COMMUNITY POLICING AWARDS

Volunteers and constable honoured

They may not be wearing a uniform, but they are individuals, groups and organizations that are working to make Calgary a better place.

On Tuesday, the Calgary Police Commission handed out its annual Community Policing Awards at its 2015 Community Dinner.

Although there are a number of categories for individuals working outside the service, the commission also honoured a long-time constable they said was critical in recruiting volunteers to the service.

"I've been a police officer for 34 years, so it's nice to get some positive feedback," said Const. Michael Bertin, noting he was "completely taken aback" when he was nominated and later told he won. For the past five years,

Bertin has worked in the CPS's Victim Assistance Support Team, first leading a group of 75 volunteers to provide help to 10,000 victims of crime and others impacted by traumatic events.

However, he saw the resources they had weren't enough and now, after employing a recruitment model he developed, the program has a full slate of volunteers for the first time in 15 years, alongside a waiting list of eager volunteers.

"As you can imagine, people don't chose to be a victim," he said of his work within the community. "When they do become victimized with these traumatic crimes and events, our volunteers assist them in their journey."

MORGAN MODJESKI/METRO

CALGARY-GLENMORE

Recount confirms NDP riding victory

A judicial recount has confirmed that NDP candidate Anam Kazim is the winner in Calgary-Glenmore in the recent Alberta election. Elections Alberta says the recount by Alberta Court of Queen's Bench confirmed that Kazim defeated incumbent Progressive Conservative Linda Johnson by six votes.

The recount added three votes to each candidate's total, giving

Kazim a narrow win of 7,018 votes to 7,012 for Johnson.

Johnson has two days to decide whether she wants the recount to be reviewed by the Alberta Court of Appeal.

If not, Kazim will be sworn in as the 53rd member of the NDP caucus. If Johnson appeals and wins, she would boost the Tory total in the legislature to 10.

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'Urgent' need for reconciliation

COMMISSION

Government pursued policy of 'cultural genocide'

The residential schools that removed aboriginal children from their homes, subjecting many of them to substandard education, malnutrition, abuse, illness and even death, were a key part of a government-led policy that amounted to cultural genocide, the Truth and Reconciliation Commission concludes.

"These measures were part of a coherent policy to eliminate Aboriginal people as distinct peoples and to assimilate them into the Canadian mainstream against their will," says the 381-page summary of its final report released Tuesday in Ottawa.

"The Canadian government pursued this policy of cultural genocide because it wished to divest itself of its legal and financial obligations to Aboriginal people and gain control over their land and resources," says the report.

The heart-wrenching and damning report is the culmination of a six-year examination of the history and legacy of resi-

dential schools — largely operated by churches and funded by the Canadian government — that saw 150,000 First Nations, Métis and Inuit children come through their doors for more than a century.

The exercise has been "a difficult, inspiring and very painful journey for all of us," said Justice Murray Sinclair, Canada's first aboriginal justice and the commission's chairman.

"The residential school experience is clearly one of the darkest most troubling chapters in our collective history," Sinclair told a packed news conference Tuesday in Ottawa.

Through the testimony of residential school survivors, former staff, church and government officials and archival documents, the Truth and Reconciliation Commission pieced together a horrifying history that, despite its ripple effects, has been repeatedly dismissed or ignored.

It also describes how the legacy of residential schools continues, not only through the direct effect that generations of institutionalization and abuse has had on survivors and their families, but how it is manifested in racism, systemic discrimination and poverty, as well as dying indigenous languages. TORSTAR NEWS SERVICE



Boys in a classroom at St. Anne's Indian Residential School in Fort Albany, Ont. CONTRIBUTED/ALGOMA UNIVERSITY

Commission chairman Justice Murray Sinclair, centre, and fellow commissioners Marie Wilson, right, and Wilton Littlechild discuss the commission's Tuesday report on Canada's residential school system. THE CANADIAN PRESS



I saw violence for the first time. I would see kids getting hit. Sometimes in the classrooms, a yardstick was being used to hit ... We never knew such fear before.

Rachel Chakasim, who was schooled in Fort Albany, Ont.

QUOTES SOURCE: THE CANADIAN PRESS



They just gave me a number ... And it was No. 16 and I'll never forget that number.

Lorna Morgan

150K

The number of children estimated to have gone through the residential school system.

80,000

Estimated number of living residential school survivors.

3,200

The number of cases in the National Residential School Student Death Register, although the number of deaths is believed to be in excess of 6,000.

1996

The year the last school closed.

NUMBERS SOURCE: THE CANADIAN PRESS

3

HIGHLIGHTS OF THE COMMISSION'S REPORT

The Truth and Reconciliation Commission put forward 94 recommendations to address the continuing legacy of the residential school system, improve the plight of Aboriginal Peoples and restore relations between them and other Canadians. Here are a few highlights. TORSTAR NEWS SERVICE

1 CHILD WELFARE

Governments should work to reduce the number of aboriginal children in care as well as set national standards. They should also fully implement Jordan's Principle to help resolve jurisdictional disputes. This would mean that for services that are only available off-reserve, any government department first contacted would pay for it first and seek reimbursement from the responsible department later.

2 EDUCATION

Repeal Section 43 of the Criminal Code, which allows corporal punishment, even by school-teachers, implement new federal legislation on aboriginal education and eliminate discrepancy in federal funding.

3 JUSTICE

The federal government should work with aboriginal organizations to call a public inquiry into missing and murdered indigenous women, and work to eliminate the overrepresentation of aboriginal people in custody.

SURVIVORS

B.C. First Nations' leader says report outlines shift in values

The crushing grip the residential school experience had on Ed John's life didn't fully reveal itself until he heard the stories of others.

The grand chief of the First Nations Summit said testimony he heard at Truth and Reconciliation Commission hearings in Inuvik, N.W.T., about four years ago made him realize he was a participant in an insidious government-sanctioned policy to destroy his heritage.

"There was a deliberate at-

tempt and policy on the part of the federal government to kill the Indian in us," he said.

The report from the Truth and Reconciliation Commission on Canada's residential school system makes 94 recommendations and concludes it was a system of cultural genocide.

John, who spent seven years in the Roman Catholic school in Fraser Lake, B.C., said the report signals a moment in history for Canadians to reconsider the ingrained perceptions and knowl-

edge they have about aboriginal peoples in Canada. He said too many aboriginal children are in government care and too few Canadians are aware of the aboriginal residential school experience.

Vancouver Island residential-school survivor Robert Joseph said he viewed the report as the start of what should be a gentle move forward to building relations between aborigines and non-aborigines in Canada.

THE CANADIAN PRESS



The 'Lots-on-the-go' Stage.

See page 31 for full details.

Parizeau moved Quebec nationalists to the right

OBITUARY

Premier's post-referendum remarks alienated many

The late former Quebec premier Jacques Parizeau's comments about "money and the ethnic vote" the night the Yes side lost the 1995 referendum never stopped haunting him and the Parti Québécois.

"It's true that we were beaten, but fundamentally by what?" Parizeau asked the large and boisterous crowd the night of Oct. 30, 1995. "By money and the ethnic vote, essentially," he said, throwing his hands up and shaking his head.

The sovereigntist movement changed that night — at least symbolically — said Francine Pelletier, a columnist with Montreal Le Devoir and independent filmmaker behind a 2003 documentary on Parizeau called "Public Enemy Number One."

Parizeau's words "spurred the old sleeping dogs on the right," she said, and were a harbinger of how the PQ and the independence movement would shift course from their progressive roots and towards promoting a project centred on identity and nationalism.

Pelletier said that culminated with the PQ's proposed secularism charter in 2013, which banned public-sector workers from wearing certain religious clothing. The proposed law was labelled racist and intolerant, dividing the province and helping the PQ lose power after less than two years in office.

Parizeau's words in 1995 also ensured he would be vilified



Former Quebec premier Jacques Parizeau died on Monday night. He was 84. THE CANADIAN PRESS

in many circles in the rest of Canada as much as he would be revered in Quebec.

He refused to comment on his infamous speech when Pelletier interviewed him in 2003, but Parizeau finally weighed in during a radio interview in 2013 where he explained the remark was referring to community organizations.

"The common front of the Italian, Greek and Jewish congresses was politically active in

an extraordinary way in the No camp and had formidable success," Parizeau told Montreal radio station 98.5 FM.

It's true that we were beaten, but fundamentally by what? By money and the ethnic vote, essentially.

Jacques Parizeau, Oct. 30, 1995, on referendum

up the country.

Pelletier said Parizeau's 1995 remarks did not reflect the man he was or his strong social democratic roots.

"It was a tragedy for the movement, but it was especially a tragedy for him because it pinned him for something he was not," she

said.

Pelletier said Parizeau should be remembered as someone who stayed loyal to his cause and his convictions, while his former party has employed a strategy

that was "all over the map."

Michael Behiels, a political science professor at the University of Ottawa, said the traditional nationalists in the PQ ranks used Parizeau's comments to help justify turning the party more to the right.

But Behiels said Parizeau's words likely came from a place of frustration and anger at losing a referendum — and a life's work — by such a close margin of several thousand votes.

"I think he thought that night there would never be another opportunity in his lifetime (to separate) and events have proven him right," he said.

THE CANADIAN PRESS

BRITISH COLUMBIA

Bomb plot pair guilty

A British Columbia couple has been found guilty, by a jury, of plotting to set off handmade pressure-cooker bombs at the provincial legislature two years ago.

The jury panel convicted John Nuttall and Amanda Korody of conspiracy to commit murder and possession of an explosive substance on behalf of a terrorist group.

In an unusual twist, the conviction won't be entered until next week, after the defence has a chance to argue that police entrapped the couple into the plot during an elaborate sting operation.

Video and audio surveillance showed the pair, who were recent converts to Islam, discussing their ambitions to engage in holy war against the western world for perceived injustices against Muslims. THE CANADIAN PRESS

IN BRIEF

Parliament shooter video will not be released

A video showing Michael Zehaf Bibeau's first moments inside the Centre Block is being kept secret even as reports are to be made public Wednesday detailing the security response on the day of Parliament Hill shooting.

Cameras near the front door of the Centre Block captured Zehaf Bibeau wrestling with a House of Commons security guard and shooting at other guards before sprinting down the Hall of Honour, according to two sources with knowledge of the video.

Zehaf Bibeau was killed in a shootout with security forces at the end of the hall. THE CANADIAN PRESS

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The 'Wanderlust' Stage.

See page 31 for full details.

IN BRIEF**Over 400 still missing from capsized cruise ship in China**

The Eastern Star cruise ship capsized in a storm on the Yangtze River Monday night with 458 people aboard, touching off a frantic rescue effort.

At least 15 people were brought to safety, including three pulled from the overturned hull Tuesday, and five people were confirmed dead, the official Xinhua News Agency reported.

THE ASSOCIATED PRESS



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FIFA head's rule tainted by scandal

SOCER**Sepp Blatter could be a target of U.S. investigators**

The end for Sepp Blatter came suddenly, just days after he had seemingly solidified his hold on FIFA.

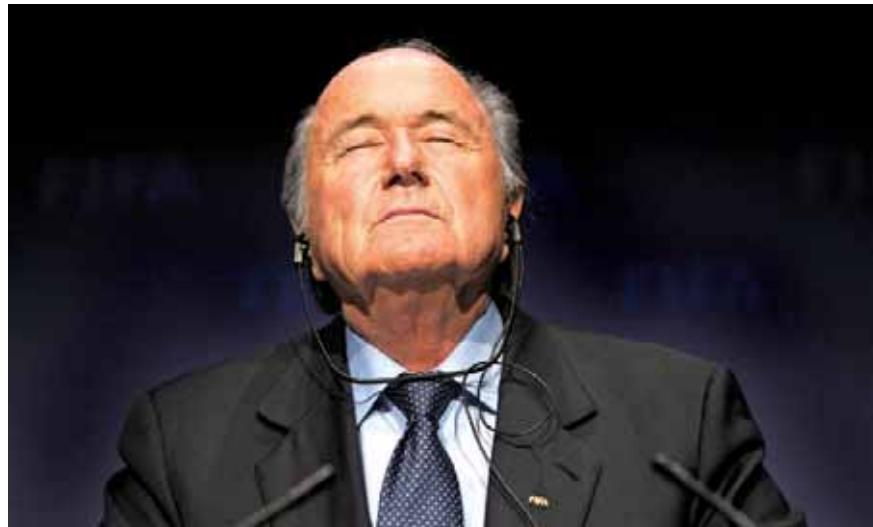
The 79-year-old leader of the world's most popular sport defied global animosity last week to win four more years in office. But his re-election only increased the pressure from colleagues, sponsors, athletes and fans for Blatter to step down as FIFA's president.

At a hastily arranged news conference Tuesday, Blatter announced he would leave office within months and called for a fresh election to appoint a successor.

"I cherish FIFA more than anything and I want to do only what is best for FIFA and for football," said Blatter, who could still be a target of U.S. investigators delving into decades of corruption and bribery accusations against FIFA

BACKGROUND

The U.S. Department of Justice indicted 14 men last Wednesday. The Swiss attorney general said Blatter was not under investigation in Switzerland, but authorities said last week they have opened a criminal probe into the 2018 and 2022 World Cup bidding votes.



In this Friday, Nov. 19, 2010, file photo FIFA President Sepp Blatter pauses during a news conference following a meeting of the executive committee in Zurich, Switzerland. Blatter will resign from soccer's governing body amid a widening corruption scandal and promised Tuesday to call for fresh elections to choose a successor. STEFFEN SCHMIDT/KEystone VIA THE ASSOCIATED PRESS FILE

officials.

After generations under Blatter and his mentor, Joao Havelange, the announcement left FIFA without a leader and without a clear course forward. It sets off a global power struggle for control of the organization as a criminal investigation intensifies.

A strained and serious Blatter read a six-minute statement in French before exiting without taking questions.

Blatter had been defiant and feisty in the same room on Saturday, fending off questions about FIFA's battered reputation and the chance he could be arrested.

His mood had changed in the 24 hours before his announcement, Blatter aide Walter Gagg

told The Associated Press.

A federal indictment last week detailed apparent bribes from a FIFA account totalling \$10 million to senior officials for voting South Africa as the 2010 World Cup host. Late Monday, reports laid a clearer trail of complicity to the door of FIFA headquarters, if not Blatter himself.

"We know that in the last 48 hours he was thinking of the future and perhaps what happened in the last hours, this gave him the conviction," Gagg, a long-time confidant of Blatter, told the AP in a telephone interview.

"We had lunch with him yesterday (Monday). He was relaxed he was fine," Gagg said. "I had a very good meeting with

him early in the morning (today). Then came the different information from the U.S. with this and that."

The South African angle threatens to tarnish memories of a bid campaign that brought Nelson Mandela to Zurich for the winning vote in 2004.

At risk also is the legacy of a World Cup that was an organizational triumph for FIFA and South Africa, and bolstered Blatter's reputation as a friend of Africa whose loyalty stood firm in Friday's election.

Even before the election, Blatter's ability to travel to the U.S., or other countries where the Swiss national risked arrest and extradition, had become a distracting story.

THE ASSOCIATED PRESS



The 'Family-fun-time' Stage.

See page 31 for full details.



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metr_o VIEWS

Your essential daily news

THE BIG THING: DRIVERLESS CARS — REVOLUTION OR RISKY MOVE?



2 Ready to ride
Last month Google announced testing of its self-driving cars on California roads. Mercedes-Benz and Apple are working on similar prototypes. You might be able to own one as early as 2020.

The driverless car may be only a few years away from a highway near you. But now two U.S. companies working with the University of Virginia and the Pentagon have shown that it may be easier than once thought to hack the vehicles' auto-piloting computer systems — a vulnerability with potentially deadly consequences.

AGENCE FRANCE-PRESSE

3 Preparing for the worst Manufacturers have tried to mitigate the risk of cyberattacks. Google, rumour has it, has an elite team of hackers looking for ways to mess with its cars' system.

1 Bump on the road

Security firm MSi says hackers could wirelessly disrupt a self-driving car's sensors, causing it to accelerate instead of brake, for example. Today's systems aren't designed to respond.

ROSEMARY WESTWOOD



metr_oview

Reconciliation calls on all of us to help heal our country

What can I do?

That's the question for all of us, now that the Truth and Reconciliation Commission has released its final, exhaustive and damning report.

It finds the government and churches committed cultural genocide through the residential school system, and the legacy has been devastating.

"We fed our experiences to our children," as one survivor described the ripple effect of the horrors.

Poverty, higher rates of incarceration, children in state care and violence against aboriginal women: The commission's report calls for specific efforts to end all of these.

It also calls on each of us to learn the truth about residential schools and accept our role in healing our country. It's clear we have work to do.

In 2013, 60 per cent of Canadians felt aboriginal people bring their problems on themselves, according to an Ipsos Reid survey.

It's time to ask: Whose history have we been fed? Whose prejudices do we still carry? What can we do to end institutionalized racism?

The indigenous and non-indigenous communities "have to support one another," Andrea Chrisjohn, of the Toronto Council Fire Native Cultural Centre, told me. "How do we come up with solutions instead of just saying 'It's not

my problem'?"

As commissioner Marie Wilson said, we can take the stories of abuse and loss into our hearts. We can use them as a new window through which to see our own history.

We can also educate ourselves. We can learn what treaty land or traditional territory we live on, suggested Michael Redhead Champagne, a Winnipeg activist and founder of Aboriginal Youth Opportunities.

"Do you know the history?" he asked, of place names like Dakota and Toronto, which have indigenous origins?

We can amplify the voices of local activists, he added, and write letters supporting them to elected officials or the media.

We can also call our local Aboriginal Friendship Centre — they are in many Canadian cities — and ask how we can help out, Chrisjohn said.

And I'll add: We can make aboriginal issues a part of our vote this fall.

The next government will play a key role in determining the success of this commission's work.

The report can gather dust on a shelf, or it can galvanize broad societal change. The first would perpetuate cultural superiority. The second would lead us closer to equality.

Vote for the one you think is right.

Even without meat, the food future looks tasty

THE SCIENCE

Stephanie Orford



The costs of a meat-heavy diet are becoming apparent.

Beef prices are climbing. The average price of regular ground beef rose 41 per cent between April 2012 and April 2015, according to Statistics Canada. And Canadian meat prices are set to remain high for years to come, a Guelph, Ont.-based food industry analyst said Monday.

The problem is going to affect us all. The world population is projected to reach nine billion by 2050, and demand for meat is set to increase worldwide, especially in Asia. Animal products make up 20 per cent of the human diet on average worldwide.

But meat consumption is going to have to drop to five per cent of our diets if we're going to feed everyone —

not rise, as the trends suggest will happen.

To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.

Beef is the biggest agricultural contributor to greenhouse gas emissions and environmental degradation. Raising beef generates six times more greenhouse gas per unit of protein than pork, chicken, or eggs.

Meat alternatives in stores and restaurants are becoming more popular, healthier and tastier, and they're much better for the environment.

Cultured meat, for instance, is estimated to produce 96 per cent less greenhouse gas and at least 82 per cent less water than livestock. And no more grazing means land can be freed up for growing more sustainable crops.

The first lab-grown burger,

cultured from cow muscle cells, was produced in 2013 by a lab from Maastricht University in the Netherlands, funded by Google's co-founder Sergey Brin. In March a Tel Aviv University lab unveiled its project to grow chicken muscle tissue using a similar technique.

Lab meat isn't cheap — that first burger cost about \$300,000 US — but the price has already dropped to about \$12. It looks like it won't be available at your local burger joint for at least 20 years, however.

Meanwhile, other companies are finding ways of creating meat and egg alternatives that taste good and are relatively inexpensive to produce. And those are on the market now.

Californian food-tech company Hampton Creek created a replacement for egg using proteins from yellow peas and a variety of sorghum, which they use in their cookies and mayo.

To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.

They're making sustainable alternatives to animal products at competitive prices.

Unlike the sawdust-like veggie burgers of decades past, these products are designed to be delicious. This is the future of our meatless diets, and it actually looks pretty tasty.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

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Mike Tyson will take on the Great White North at this year's Fan Expo Canada

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Not everyone can look like Chris Hemsworth. A recent U.K. poll shows many men feel uncomfortable when the shirts come off.
EVERETT COLLECTION/HANDOUT

Beach bod anxiety not just a girl thing

BODY IMAGE

Poll finds one third of men feel a pressure to look good

The furor over a recent ad campaign by weight loss supplement Protein World that asks: "Are you beach body ready?" highlighted just how polemic a topic body image is for women. But it turns out men can also feel self-conscious about stripping down to their bathing suits.

According to a poll by the

STILL, WOMEN HAVE IT HARDER

The survey results were even more dramatic for the women polled, with just three per cent of female respondents describing them-

selves as "happy" with their bodies, and a huge 39 per cent admitting they would feel "unconfident" wearing a bikini.

market research app OnePulse, only eight per cent of men feel "very happy" with their bodies, while 11 per cent are unhappy with their physique and a further 11 percent claim they "hate" the way they look.

And while 22 per cent say they don't feel any pressure to have the perfect figure, almost

one third of respondents (29 per cent) feel the pressure to look good thanks to women. It seems male pride has much less influence when it comes to looks, with only 16 per cent claiming to feel the heat from other men.

The news flies in the face of the recent "Dad Bod" phenom-

enon, which saw "everyday men" gain sex appeal in the eyes of the media and woman-kind for their "non-threatening" and "cuddly" physiques.

Yet despite feelings of dissatisfaction, some 20 per cent of men claim to lack the motivation to "work on their body." With summer around the corner, 33 per cent are willing to dig out their gym gear ahead of beach season, while 22 per cent have the impetus to take care of their physiques all year round.

The poll surveyed 400 males and 500 females aged between 16 and 65 from all around the U.K. AFP

KASA MOTO

Thinking outside the bento box

WORD OF MOUTH

Theresa Albert
myfriendinfood.com



If your favourite Japanese restaurant has bento boxes, that's delightful for a Wednesday lunch. However, contemporary Japanese cuisine has raised the bar. Kasa Moto opened its doors in Toronto's Yorkville this week and executive chef Michael Parubocki hopes some of his staff's exquisite attention to tradition while welcoming innovation will set the pace. Here's what's next:

- House-made soy sauce. The choices are no longer "salty" or "watered down salty." This artisan liquid takes up to six months of fermenting for each batch.
- Burdock root. This root vegetable hailing from Jerusalem is crisp and pungent. It is usually blanched and then pickled or otherwise dressed for use in salads or as a side dish.
- Salt-pickled sakura cherry



Hamachi Ponzu in a new way to serve sashimi — delicate and textural. THERESA ALBERT

blossoms. Don't look for this on every modern menu. Kasa Moto may be unique in its importing of this highly perishable, delicate flower petal that's pickled in plum vinegar and then dried. The traditional tastes and techniques remain. Attention to detail, the natural beauty of each food, dining as a social experience and polite efficient service will never go out of style.

THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD

EMBRACING WINE'S BLACK SHEEP

LIQUID ASSETS
Peter Rockwell
@therealwineguy



There are grapes that people just love to hate. As polarizing as some fruit can be, an interesting trend has emerged that has more open-minded wine lovers embracing these black sheep berries as if they're a badge of nonconformist cool. California's signature grape, Zinfandel, has struggled to find an audience

thanks to its pink version's reputation as a drop you drink when you know nothing about wine. Zinfandels love a barbecue, with Cline Cellars' 2013 Lodi Zinfandel (\$16.15 - \$17.99) serving up soft, bright, wild berry fruit and a smooth, creamy finish that works just fine as a by-the-glass sipper and a partner for grilled red meat. Prices reflect the range across the country. Some products may not be available in all provinces.



The 'Keep-in-touch' Stage.

See page 31 for full details.

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Pharrell Williams, Helen Lasichanh, Kim Kardashian and Kanye West attend the 2015 CFDA Fashion Awards in New York City.

ALL PHOTOS GETTY IMAGES

Pharrell Kanye'd at fashion awards

NEW YORK CITY

Happy singer honoured as fashion icon by CFDA

It was music superstar Pharrell who was being honoured as a fashion icon, but it was another superstar who got a lot of the attention at the annual Council of American Fashion Designers awards on Monday night.

Introducing Pharrell, who was receiving the evening's Fashion Icon award, Kanye West took the opportunity not just to praise his friend, but to express frustration at the fashion industry for, he suggested, its cool reception to his efforts to be a serious fashion designer.

"It is very difficult to break perception," West said. "Fashion had to be the hardest high

DRESS ON FIRE

Kim Kardashian reported on social media Tuesday that her dress caught fire following the CFDA Fashion Awards.

An ebullient Johnson, 72, treated the crowd to one of her signature cartwheels, and ended it with a split. She then called over her friend, presenter Kelly Osbourne, to help her up off the floor so she could give her speech.

THE ASSOCIATED PRESS

GOSSIP BRIEFS

Iggy Azalea engaged

So what's the best way to celebrate your 30th birthday with your famous Australian rapper girlfriend?

Proposing marriage, apparently. At least that's what NBA star Nick Young did, asking Iggy Azalea to marry him during his big party, dropping to one knee

and producing a sizeable 10-carat yellow diamond ring, according to TMZ. Oh, and the happy occasion was all caught on camera, naturally. Young and Azalea have been dating for two years — after a first date that apparently involved a trip to Target. That's dope.

THE ASSOCIATED PRESS

MATCH.COM

Mariah dating online

Mariah Carey has joined Match.com — not just for love, but to promote her latest single.

The pop diva joined the dating website early Tuesday as she launched the music video for *Infinity*, which debuted on Match and VEVO.

Carey's profile says she's divorced and has two children. She posted four photos, including one of her singing

and another of her taking a selfie.

The 45-year-old said in a statement: "I hope every woman who is single and listens to this song goes out and finds her infinity, whether on Match or the traditional way."

In her new music video, Carey considers three potential Match suitors.

THE ASSOCIATED PRESS

MILA KUNIS

Stalker on the loose

Authorities focused on transient populations in the search for a man sentenced for stalking actress Mila Kunis after he escaped from a Southern California mental health facility.

Probation officials said Tuesday



that Stuart Lynn Dunn had few local contacts and investigators had no leads. Dunn disappeared Saturday night from the Olive Vista Behavioral Health Center in Pomona by climbing through a bathroom window and scaling a barbed-wire fence, said Deputy Chief Reaver Bingham of the Los Angeles County probation department.

THE ASSOCIATED PRESS

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6 SUPERFOODS THREATENING OUR PLANET

When it comes to eating right, there's more to chew over than how our bodies can benefit

MATT KWONG/FOR METRO LIFE@METRONEWS.CA



BLUEBERRIES

Claimed health benefits:

Antioxidant-packed with vitamins K and C, potassium, and an excellent source of fibre, which helps lower risk of heart disease

Environmental impact: U.S. blueberries are listed among Environmental Working Group's produce items with high pesticide residue. Chemical spraying contaminates soil and can degrade soil quality

Where it grows: North America and South America. The U.S. is the world's largest producer

Popularity: The U.S. exported \$145.7 million in fresh blueberries in 2012, up 17 per cent from 2011, according to the Agricultural Marketing Resource Center. Canada was the biggest customer

Superfoods might be the heroes of the healthy-minded cook, but a growing chorus of environmental advocates is sounding off about their potentially destructive ecological consequences.

The latest wonder ingredient turned villain? The almighty almond, which has drawn the ire of water conservationists for draining California's lands amid an ongoing drought.

Long championed for its antioxidant properties, cholesterol-lowering powers and high protein and vitamin E con-

tent, the humble almond is a deceptively high-maintenance crop, demanding about 3.8 litres of water (a gallon) per nut.

California almonds consume 4.06 trillion litres of water every year, making the state's almond industry more water-intensive than the indoor water usage of families in the Golden State.

Even so, almonds are far from the only nutrient-loaded snack with a dubious ecological footprint.



ALL PHOTOS ISTOCK

GREEK YOGURT

Claimed health benefits: Low in fat, high in calcium and vitamin B12, packed with probiotics to aid digestion

Environmental impact: Greek yogurt owes its thick consistency to straining, but the process leaves an "acid whey" byproduct that is difficult to dispose of. Acid whey can pollute waterways and risks harming marine life

Where it's produced: Originally Central Asia and the Middle East, now mostly U.S.

Popularity: Commanded 49 per cent of the U.S. yogurt market in 2014, up from one per cent in 2007



COCONUT WATER

Claimed health benefits: Rich in potassium, boosts hydration, low in calories

Environmental impact: Transportation and burning of fossil fuels is the major contributor to coconut water's eco-footprint, as the liquid from young coconuts must be shipped from southeast Asia. Chemical fertilizers to meet growing demand also degrades soil

Where it's found: Primarily the Philippines, Indonesia, India

Popularity: Sales of top brands hit nearly \$400 million in North America in 2013, up from about \$150 million in 2011, according to Euromonitor



RED PALM OIL

Claimed health benefits: Rich in vitamin E, antioxidant properties, carotenes and palmolein, which has been promoted as a fat-burning micronutrient

Environmental impact: Mass deforestation of tropical forests in West Africa and Central America to make way for oil palm plantations has led to loss of habitats for endangered species

Where it's produced: Africa, South America and South Asia

Popularity: About 57 million tonnes of palm oil was consumed worldwide in 2013, according to the Roundtable on Sustainable Palm Oil



TOFU/SOY-BASED

Claimed health benefits: Good source of protein, lowers cholesterol

Environmental impact: High energy output from factories for treating, processing and forming soybeans into slabs of tofu

Where it's grown: Soybeans grown in China, U.S.

Popularity: Global soy production in 2012 was 270 million tonnes, up from 130 million tonnes in 1996



THE DIRTY DOZEN

Environmental Working Group's 2015 rankings of popular produce with the highest pesticide residue.

- 1 Apples
- 2 Peaches
- 3 Nectarines
- 4 Strawberries
- 5 Grapes
- 6 Celery
- 7 Spinach
- 8 Sweet bell peppers
- 9 Cucumbers
- 10 Cherry tomatoes
- 11 Snap peas, imported
- 12 Potatoes

SOURCE: EW.ORG

FARMED ATLANTIC SALMON

Claimed health benefits: High omega-3 content, fatty acids associated with lowering risk of heart disease

Environmental impact: Wild salmon stocks are unsustainable. Farm-raised salmon threaten oceans due to expulsion of waste from overcrowded pens as well as spread of sea lice. The farm-raised salmon industry also interrupts natural biodiversity

Where they're raised: In Canada, Atlantic and Pacific coasts

Popularity: Farmed salmon consumption tripled to more than 110 million kilograms a year in the U.S. in 2010, up from about 3 million kilograms a year in the 1980s according to the Atlantic Canada Fish Farmers Association



URBAN GARDENING

If you grow your own veggies...

City-grown vegetables are likely safe to eat, according to a new study, published in the Journal of Environmental Quality, that takes a look at the popular practice of urban gardening.

Nearly all the vegetables grown in the experiment had low contaminant levels.

While root crops could absorb enough lead to dip into the red zone of safety standards, this shouldn't keep urban gardeners from growing them, says Ganga Hettiarachchi of Kansas State University.

Cleaning is the first important step in ousting the toxins from your city-grown veggies.

"Thorough washing is definitely the key," says the agronomist.

"Soap isn't even really necessary if you wash all of the visible soil off with water in your kitchen. The main point is to make sure you're not eating soil."

AFP

THE CLEAN 15

Environmental Working Group's 2015 rankings of popular produce with the lowest pesticide residue.

- 1 Avocados
- 2 Sweet corn
- 3 Pineapples
- 4 Cabbage
- 5 Sweet peas, frozen
- 6 Onions
- 7 Asparagus
- 8 Mangos
- 9 Papayas
- 10 Kiwi
- 11 Eggplant
- 12 Grapefruit
- 13 Cantaloupe
- 14 Cauliflower
- 15 Sweet potatoes

+ WINE VS. BEER THE BEST BEVERAGE TO LEVERAGE YOUR ECO-FRIENDLY FOOD

One of the pleasures of eating well is enjoying wine or beer with a meal. But which drink is the more environmentally sustainable beverage?

We asked Tony Aspler, the Wine Guy, and he says wine comes out on top.



Producing beer is much more energy involved, says the wine expert.

"It demands a lot of heating. Wine is a much more natural phenomena," says Aspler. "Grapes are harvested and either fermented with natural yeast or inoculated yeast."

Aspler recommends buying from a local winery whose farming practices are sustainable.

"Look for organically made wines and wineries that are certified bio-dynamic, like Southbrook," Aspler says.

And if you're wondering what to look for when buying an environmentally friendly Canadian brew,

Christopher Lowry of Ecotone Productions and the founding director of Brewers Plate Toronto, says, "The simple answer is, buy local first."

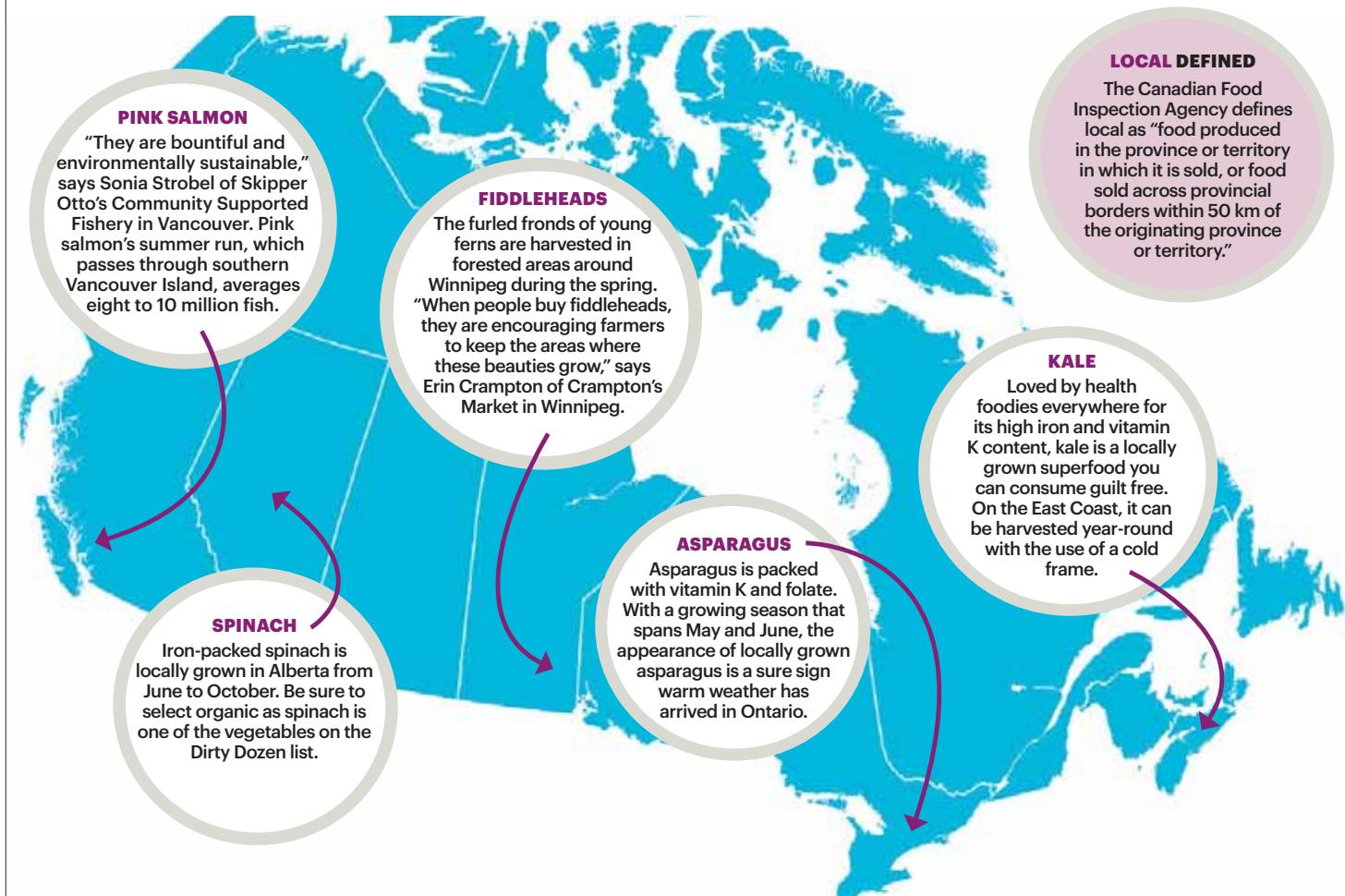
"Ontario craft brewers make some of the best

beer in the world, and it doesn't have to travel far to get to you.

"Some craft brewers are also sourcing local organic ingredients. It turns out we grow amazing hops in Ontario." HENRIETTA WALMARK/METRO

EATING LOCAL AND IN-SEASON ONE EASY WAY TO LESSEN THE ECO-FOOTPRINT OF YOUR DIET

Locally produced food is fresher, which translates to higher nutrient levels, and eating in-season ensures variety in our diet. Eating local and in-season is also easier on the grocery bill. Here Metro offers a few suggestions for some of Canada's largest centres LIZ BROWN/METRO



WATER CONSUMPTION

Guess how many showers you would have to give up for a burger

If you're a junk food aficionado, don't sit there too smugly thinking that this page is payback for all the times health food fans have lectured you about your lacklustre diet.

On top of polluting your body, your meals are equally ecologically damaging, especially when it comes to water consumption.

The burger, that sacred symbol of fast-food binging, is also a big water hog.

There are the beef cows that need watering, the thirsty tomatoes and lettuce, and all those wheat crops that need to be grown to make the buns that bookend the patty.

In fact, The Water Brothers, Alex and Tyler Mifflin, whose water conservation show airs on TVO and online at waterbrothers.ca, told Metro that one of the most powerful things diners can do for water resources around the world is cut down

on their consumption of meat and dairy products.

According to Alex, meat and dairy production eats up about 30 per cent of global freshwater demand.

"We're not saying you have to become a vegetarian, but just replacing a couple of meat-based meals with vegetarian proteins can have a big impact on cutting down on water use and water pollution," says Alex.

LIZ BROWN/METRO

It takes 2,400 litres of water to make one hamburger, according to The Water Brothers.



That includes the water needed to produce the beef patty, bun, tomato and lettuce for one burger.



To put it in perspective, 2,400 litres of water could supply you with two months of showers.



FALL SCHEDULE

City TV scores with fall lineup



Abigail Breslin stars in *Scream Queens*, premiering this September on City. STEVE DIETL/FOX

The slasher series *Scream Queens*, *The Muppets* reboot and the comedy *Life in Pieces* are among the big TV titles heading to City.

The Rogers Media channel announced a fall/mid-season schedule Tuesday featuring 11 returning series and 12 new shows.

Scream Queens is the latest horror-comedy to come from *American Horror Story* creator Ryan Murphy. The show anchors an all-new Tuesday night lineup with the John Stamos comedy *Grandfathered* and the Rob Lowe comedy *The Grinder*.

"We were concerned about Tuesdays and I now think we're going to win on Tuesdays," said Colette Watson, vice-president of television and broadcast operations, Tuesday at the launch of City's upcoming slate.

Sunday night also gets an overhaul with addition of the Fox comedy *The Last Man on Earth* and two comedies last seen on Global: *Family Guy* and *Bob's Burgers*. Rogers' *Hometown Hockey*, with Ron MacLean, moves over to Sportsnet. Other additions include the family musical

event, *The Wiz Live!* *Hockey Night in Canada* returns Saturday nights.

Returning series include the comedies *Modern Family* and *Black-ish* as well as the breakout hit drama *Empire*, which moves from OMNI and will air at 8 p.m. ET Wednesdays, an hour earlier than the Fox broadcast.

"It was unbelievably successful in the U.S. so they are so anxious to get season number two going," Watson said of the fall return.

The CBC-TV classroom comedy *Mr. D* also joins the schedule while *The Mindy Project*, — recently dropped by Fox but picked up by Hulu — will run Thursdays.

Thursdays will also be home to *Thursday Night NFL* in a CBS simulcast until Oct. 29.

Mid-season additions include the big-screen spin-off *Rush Hour*, the animated comedy *Bordertown* and the comedy variety series *Little Big Shots*.

A sizzle reel of upcoming FX shows touted new offerings including Denis Leary's *Sex&Drugs&Rock&Roll* and the Zach Galifianakis comedy *Baskets*. THE CANADIAN PRESS

Hunt for Hannibal crosses the pond

SNEAK PEEK

Hugh Dancy dishes on Season 3 developments

Eva Kis
Metro | New York City

For a man who plays one of TV's darkest characters, Hugh Dancy laughs easily — though it's the nervous laughter common while watching his show, *Hannibal*.

The series about cannibalistic Dr. Lecter is back for its third season Thursday at 10 p.m. ET/PT on City.

Dancy's tenuously sane profiler Will Graham is recovering from being gutted physically — as Hannibal was emotionally — after betraying his secret to the FBI. Meanwhile, Hannibal is enjoying life as a professor in Italy with accomplice/hostage Bedelia Du Maurier (Gillian Anderson) posing as his wife. We caught up with Dancy about why Will just can't quit Hannibal.

Will is pursuing Hannibal, despite nearly being killed. Is he still with the FBI, or is this personal?

By the end of Season 2, Will has proven that he has no scrap of self-preservation whatsoever. Will is certainly cut off from the FBI, but more to the point, he's cut off from the people who would've been his allies — he doesn't trust them, and they don't necessarily trust him.

Hannibal loves Will, but



Hugh Dancy's character, Will Graham, pursues Dr. Lecter to Florence for *Hannibal*'s third season. BROOKE PALMER/NBC

How does Will feel?

The way I think about it is they've been alone in the world until they recognized something in the other that made them feel not alone, which is as good a description of love as you can have, I suppose.

You had two scenes with Gillian Anderson in Season 2. Will you have more?

I have a few scenes with Gillian, mostly towards the second half, which should serve to tell you that she maintains her presence in the show after we go into the Red Dragon storyline.

Dinners on the show are gourmet affairs. Are you a fancy food guy?

Once in a blue moon, who doesn't like a big lavish din-

ner with white tablecloths? But on the whole, I prefer that medium: great cooking but a bit more informal, and good company. I'm more of a wine guy than a food guy, though you can't have one without the other.

What's in your glass these days?

Right now I'm in Germany, so Riesling.

IN BRIEF

Rogers Media plans to tweak *Hockey Night in Canada* in off-season

As *Hockey Night in Canada* wraps its first season as a Rogers property, changes are already being planned for next. But none of them have to do with controversial rookie host George Stroumboulopoulos, said Rogers Media boss Scott Moore on Tuesday.

Some of HNIC's more outspoken viewers remain staunchly opposed to the new face of the Saturday night double-header, the result of Rogers' 12 years, \$5.2-billion deal for NHL

broadcast rights.

Moore says viewership is up overall on television — but barely, at two per cent.

"*Hockey Night in Canada* — was it up as much as we would like? No, but I think the boys in blue down the street might have had something to do with that," said Moore, citing the disappointing performance of the Toronto Maple Leafs.

He expects more interest next season with the arrival of new Leafs coach Mike Babcock, and budding young star Connor McDavid joining the league, likely in Edmonton.

Rogers Media president Keith Pelley says it's not fair to focus solely on linear TV ratings when more and more people are turning to other platforms, including Game Centre Live and on-demand mobile options.

"It is a multiplatform, long-term rights deal and so you can't look at the linear ratings in isolation," said Pelley.

Still, Moore expected to see adjustments to HNIC in the off-season, guided by detailed analytics, including minute-by-minute ratings and audience surveys.

THE CANADIAN PRESS



The 'Help-your-community' Stage.

See page 31 for full details.



Red and black ink cause the majority of colour-specific skin reactions, according to a study out of NYU Langone Medical Center. ISTOCK

Getting inked linked to skin ailments

HEALTH & SAFETY

Long-term health issues could require tattoo removal

Andrea Park
Metro in New York City

Thinking about getting inked? A new study from NYU Langone Medical Center might make you think twice.

The study found that about 10 per cent of participants with tattoos experienced an adverse skin reaction, and six per cent suffered from a chronic reaction involving a specific colour lasting more than four months; 44 per cent of colour-specific reactions were to red ink, while 25 per cent were to black ink.

Dr. Marie C. Leger, assistant professor at NYU's Ronald O. Perleman Department of Dermatology, talked to us about it.

Are certain inks likelier to cause adverse reactions?

Six per cent of people reported longer-standing chronic reactions and the colours that popped up most frequently were black and red — they're also the most commonly used tattoo colours,

but literature on the topic suggests that with chronic reactions, red can be particularly problematic.

How long can reactions last?

A lot of the chronic ones lasted months to years.

Do these reactions begin right after the tattoo or surface later?

Some of them can happen years later. One of my patients had a red tattoo years and years prior and had never had problems. When she went to get another tattoo on her foot, they used red ink again and

the portion of the main tattoo that was red became really raised and scaly and itchy. But the old tattoo also became raised, scaly and itchy — it also reacted.

That is acting like an allergy, basically. She was exposed to the ink again and all of a sudden her body didn't like red ink. So these don't necessarily pop up immediately after you get a tattoo.

Is this avoidable?

I think if you go to a really good place and take care of it well you can avoid infection. I've talked to some tattoo artists and a lot of the owners who are meticulous about aftercare instructions, so you can definitely prevent some kinds of things, but the longer term chronic things are pretty tough to anticipate who's going to get them and who's not.

How can people treat their symptoms if they do have sensitivity to tattoo ink?

There are several things you can do depending on the severity. Topical steroids help sometimes and injected steroids help sometimes. Removing the tattoo with a laser or surgically can help. The really severe reactions can be tough to treat and tough to get under control.

HEALTH NOTES

Signs you might be reacting to your tattoo ink

Dr. Marie C. Leger identifies symptoms she's linked to adverse reactions toward tattoo ink, including: skin reactions, raised skin, scaliness, itchiness and photosensitivity.



IN BRIEF

Canada: Most of us creep on our ex-partners using Facebook

Feeling not quite over your last breakup? According to a recent study, social media won't help you heal any quicker. Researchers at London, Ontario's Western University report that a whopping 88 per cent of Facebook users "creep" on ex-partners. "Even those who did not actively attempt to view an ex-partner's Facebook profile found themselves inadvertently doing so when content the ex-partner posted appeared in their news feeds," said Anabel Quan-Haase, a professor at Western.

MARIANNE HAYES/METRO
IN NEW YORK

Sweden: Waiting to cut the umbilical cord linked to health benefits

In most countries, cutting a newborn's umbilical cord within 10 seconds of birth is the norm. But new research is highlighting potential benefits of delayed cord clamping (DCC). Researchers say that leaving the umbilical cord in place for a few extra minutes allows blood to continue flowing into the baby's circulation, providing the newborn with extra blood. This appears to stave off iron deficiencies down the line. Another study suggests DCC is associated with better fine motor skills years later.

MARIANNE HAYES/METRO

FOOD & HEALTH

Is Canada's Food Guide failing us?

The American author of an investigative book about saturated fats told a Canadian Senate committee Thursday the country's nutritional guidelines are failing citizens, making them obese and diabetic. because they aren't following the current nutritional standards and are eating too much junk food. That explanation "isn't supported by the data," she said.

National sugar consumption, according to Statistics Canada, is down 32 per cent, Teicholz told the Senate, recommending this country lift its limits on saturated fat — and animal foods — something, she said, would "go a long way to solving the problem."

Teicholz, author of *The Big Fat Surprise*, a book which eviscerates the current and widely held view that saturated fats found in animal protein are harmful to health, testified during a session of the Senate committee on social affairs science and technology about the incidence of obesity in Canada, its "causes, consequences and the way forward."

During the hour-long session Teicholz explained the findings of her bestselling book and recent critique of the new, proposed changes to the American nutrition guidelines.

She shone a light on how Canada's diet — dictated by the current Food Guide — is "nutritionally insufficient" and that its focus on carbohydrates, including fruits and vegetables, over animal protein is what is making us sick.

She attacked the current view that Canadians are in the throes of an obesity epidemic

Teicholz was invited by the committee to testify as a Senate witness a few months ago — her debut book was published last May — and she was chosen because of her "well-articulated point of view that contradicts social assumptions around diet," says Nova Scotia Senator Kelvin Ogilvie.

The committee is almost finished hearing from witnesses on this matter, said Ogilvie. After that, it will author a report. TORSTAR NEWS SERVICE



Nina Teicholz, author of *The Big Fat Surprise*, has peameal bacon and fried egg at Carousel Bakery in St. Lawrence Market in Toronto. VINCE TALOTTA/TORONTO STAR



The 'Follow-your-dreams' Stage.

See page 31 for full details.

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TO CLEAN
THERE'S
ONLY ONE
Mr.

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4Runner tackles rough stuff



JIL MCINTOSH/FOR METRO

THE CHECKLIST | 2015 TOYOTA 4RUNNER

THE BASICS

Type. 4-door, 5- or 7-passenger midsize 4WD SUV
Engine (hp). 4.0-litre V6 (270)

Transmission. Five-speed automatic

Price. Base \$39,060; as-tested \$45,575 (plus destination)

POINTS

- All 4Runner trims include a towing package, and can pull up to 2,268 kilograms.
- Terrain Edition includes crawl control, an off-road cruise control that can be set for 1.5 to 5 km/h.
- Downhill assist control will automatically slow the 4Runner on steep off-road inclines.



JIL MCINTOSH/FOR METRO

COOL FEATURES

- Touch-screen audio with satellite radio.
- Standard rear-view camera.
- Power-operated liftgate window.
- Tire pressure monitoring system.
- 40/20/40 folding and reclining rear seats.

MARKET POSITION

The 4Runner plays in a small field. 4WD, body-on-frame SUVs aren't as fuel efficient as unibody models and are more capable than most people need. Toyota also used to offer the retro-styled FJ Cruiser, a competitor to the Jeep Wrangler.

THE COMPETITION



Jeep Cherokee
Base price: \$24,495



Nissan Xterra
Base price: \$34,013



Subaru Forester
Base price: \$25,995

and a good fit, but this is a heavy vehicle and you'll need to be prepared for the fuel consumption. It's officially rated at 12.8 L/100 km in combined driving, but when this reviewer drove it in cold weather, she topped out at 17.2 L/100 km.

The default configuration is five-passenger seating, but the top-line Limited trim can be optioned to seven passengers. On my Trail Edition tester, the cargo area floor is covered with a handy tray that'll hold 200 kilograms and pulls out for easier loading. You can also hide valuables in the shallow cubby under the tray.

The power-operated rear window disappears completely into the liftgate so you can toss items in, and can be operated from the key fob, but the liftgate itself is heavy and it takes a serious tug to pull it closed.

Despite its considerable off-road ability, the 4Runner still behaves well on city streets, and it's quiet and well-mannered on the highway.

The cabin may look a little dated, but the big, simple controls let you adjust the climate or stereo with a minimum of distraction.

The 4Runner's probably far more than most people need, but for those who want both daily urban transportation and a serious off-roader for weekends, this could fit the bill.

**You'll need
to be prepared
for the fuel
consumption**

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The 'Fresh-start' Stage.

See page 31 for full details.

GM pulls plug on Volt abroad

SALES

Right-hand drive car to go

General Motors will no longer produce its next-generation plug-in hybrid Volt in right-hand drive for foreign markets. That spells the end of the Holden Volt, as the car is marketed in Australia, reports AutoWeek magazine. The Volt in right-hand drive has been on sale since late 2012, but because of a \$60,000 US price tag and a lack of interest from Aussie buyers, just 246 of the cars have been sold.



TEXT AND IMAGES BY WHEELBASE MEDIA

NEW CARS

Fiat 500X to woo continent

Fiat's 2016 500X tall wagon might do for Fiat what other 500 models haven't: win the minds and wallets of North American buyers in a vehicle class that's expanding quickly. Designed in Italy and aero-smooth in all the right places, Fiat says the 500X blends road manners, appropriate urban dimensions and high fuel economy with a wide-ranging suite of premium safety technologies.



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



E-CARS

Big Oil's days numbered?

An upheaval in clean energy is quietly loosening the grip of the world's largest publicly owned oil and gas companies (known as Big Oil) on the automotive industry, say analysts at Bloomberg New Energy Finance. Electric vehicles "are starting to take off, with global sales of 288,500 units last year." While that's just 0.5 per cent of all car sales, it's more than five times the number sold in 2011. That's because electric-car battery costs are falling as fast as solar-panel costs. The price of lithium-ion batteries has fallen 60 per cent from 2010 "and will keep declining at the same pace." Fuel-cell cars are also moving into showrooms from the laboratory, moving cars further away from Big Oil's influence. The Chevrolet Bolt (pictured at left), for example, with long electric range, is expected to help make electric cars more popular.

ENERGY

Tesla looks past automobiles

Tesla Motors is reinventing itself to become more than an automotive company, but an "energy innovation company" first and foremost. Its new corporate offshoot, Tesla Energy, will enable homes, businesses and utilities to store electrical energy on site, to manage individual power demand, provide backup power and increase electrical grid resilience. Its Powerwall suite of stackable lithium-ion batteries mount on a wall to draw and store power from the grid during lower-cost non-peak periods, and/or from roof-mounted solar panels.



The 'Let's-downsize' Stage.

See page 31 for full details.

+ INVESTMENT

Toyota to splash out on hydrogen development

As one of the auto industry's leading proponents of hydrogen fuel-cell technology, Toyota has set out to do with fuel cells what it did with gas/electric hybrid tech: to make it mainstream. Toyota will sell \$4.2 billion US-worth of its common shares, mainly to fund fuel-cell research and development. The company began sales last December of the Mirai sedan, its first production car to run on hydrogen and emit only water.



Era heralds fewer cars on roads

AUTO PILOT

**Mike
Goetz**



25 years, and force domestic players, such as GM and Ford, to cut production here in North America by more than half. Quch.

Not too long ago the only time people used the word “disruptive” was to describe that kid in grade school who was adept at knocking the class off its educational stride.

Now every time we hear the word, it seems to be in reference to technology and innovation, and how “disruptive technology” is going to be, well, very disruptive to whatever is going on at the moment.

Digital technology and the Internet are the most obvious and largest "disrupters" of late, and they're just getting started.

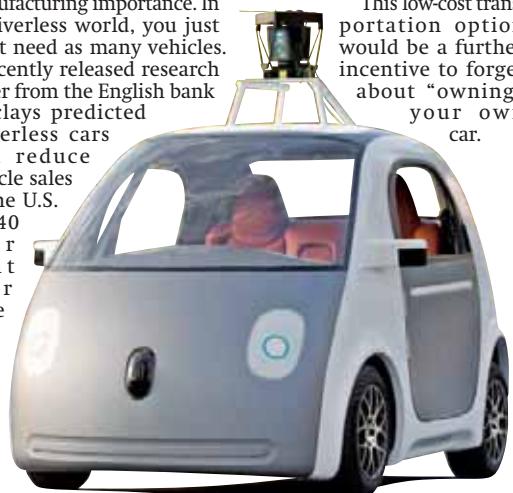
and they're just getting started. Yet we're also heading into an era where we will see a huge disruption in how we use and own vehicles. A vehicle that can do its thing without a human driver, and without accidents, opens up so many possibilities and scenarios, it's hard to image how anything on the current automotive scene

- Focused Shared Autonomous Vehicles (PSAVs) would be similar to SAVs, except the “robot taxi” service would take multiple riders at the same time.

The report also noted the cost of these taxi services would be quite reasonable, since they would be so optimized and efficient, and because the main cost of the current taxi model is the human driver, and a human driver

Not only is their technological influence at stake, so is their manufacturing importance. In a driverless world, you just don't need as many vehicles. A recently released research paper from the English bank Barclays predicted

driverless cars will reduce vehicle sales in the U.S. by 40 percent over the next



AUTO NEWS FORD OPENS ITS E-CAR PATENTS UP TO COMPETITORS



Electric decals for the Ford Focus at Ford's Wayne, Mich., assembly plant. AFP PHOTO/MIRA OBERMAN

Ford has realized that if the auto industry is to have the breakthrough it needs to make e-cars the norm, collaboration is going to be just as crucial as competition. The automaker revealed it is to open up its e-car patents to its rivals. "The way to provide the best technology is through constant development and progress," said Kevin Layden, director, Ford Electrification Programs. "By shar-

ing our research with other companies, we will accelerate the growth of electrified-vehicle technology and deliver even better products to customers." In 2014 alone, Ford filed more than 400 patents pertaining to e-car technology in the U.S. — more than 20 per cent of all patent applications made over the past year. E-car competitor Tesla has already opened up its patents book to anyone. AFP

BMW M3 packs performance

USED VEHICLE
**2007-2013
models
mostly free of
serious issues**

For fans of high-strung, German-engineered performance cars, it doesn't get much better than the BMW M3. The popular model entered its fourth generation for model year 2007.

Shoppers considering an M3 from this era can seek sedan, coupe or convertible body styles, manual or dual-clutch paddle-shift transmissions, and access to one of the most storied performance car driving experiences on the road.

A 'scan' of the M3's drivetrain computer systems should be considered mandatory ahead of purchase. This is done at a BMW dealer by a trained technician with a special computer scanner device that can reveal hidden electronic problems.

There's some discussion relating to bad rod bearings inside of the M3's engine, which could wear out and cause engine failure. This is an expensive repair, and though many in the owner's community say the issue has been blown out of proportion, shoppers are advised to seek out a model with all service records, and especially, proof of regular oil changes, for peace of mind.

Other reported issues include bad window seals on coupe models which could scratch the glass, some interior squeaks and rattles, and



wonky brake lights. Have all exterior illumination double-checked to be safe.

Listen for any clunking or popping sounds through the rear floor of the M3 while accelerating hard in first gear, which could indicate a differential mount that needs replacing. Coax this sound from the M3's rear end by locking into first gear at a low speed, and 'poking' the throttle hard and repeatedly a few times.

JUSTIN PRITCHARD

Features

Adjustable shocks, an adjustable rear differential, premium audio, memory seats, Bluetooth, navigation, iDrive central command, automatic lights, automatic climate control and more.

Engines

All units are powered by a hand-built four-litre V8, featuring a free-revving 414 horsepower peak delivered en route to an electrifying 8,300 RPM redline. Look for manual or paddle-shift dual-clutch transmissions.

The verdict

The M3 owner's community reports a reliable performance machine that's fantastic to drive and free of serious issues. Common issues are mostly minor and easily identified — not to mention largely electronic and not mechanical in nature.

Northhill	730-16th Ave NW	403.289.7500
Main	5530 3rd ST SE	403.212.4633
Foothills	BAY 62, 5329 72nd AVE SE	403.279.7704
Airdrie	118 EASTLAKE BLVD	403.948.6050
Airways	2727 - 23RD ST NE	403.250.7334
Stoney Trail	7819 - 112th AVE NW	403.208.6407

DUCATI UNLEASHES THE STRIPE

New bike gets exclusive treatment

Ducati has launched a new, more exclusive version of its iconic and popular streetfight-

ing bike, with a choice of two engine sizes, 821cc and 1200cc. The new bike's name? The Stripe. AFP



The 'Encore' Stage.

See page 31 for full details.

The Servus Life Stage Mortgage



The 'Get-your-own-place' Stage



The 'Put-a-ring-on-it' Stage



The 'Baby-on-the-way' Stage



The 'Lots-on-the-go' Stage



The 'Wanderlust' Stage



The 'Family-fun-time' Stage



The 'Keep-in-touch' Stage



The 'Help-your-community' Stage



The 'Follow-your-dreams' Stage



The 'Fresh-start' Stage



The 'Let's-downsize' Stage



The 'Encore' Stage

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The interior of a 1948 1½ litre-engine Jaguar, restored by its owner in Islamabad, Pakistan. B.K. BANGASH/THE ASSOCIATED PRESS

Rides of a bygone time

VINTAGE CARS

Pakistan's collectors preserve part of history

For an elite but passionate group of vintage car collectors in Pakistan, restoring antique rides is like travelling

back in time — and money seems to be no obstacle when the prize is a Lincoln convertible that belonged to an Afghan king or a Rolls-Royce once used by India's last viceroy.

Mohsin Ikraam, president of the Vintage and Classic Car Club of Pakistan, says the collectors help preserve a portion of the region's history of the past century. Among rich Pak-

istanis, he says, the desire to own classic automobiles has been growing and the club's membership has now topped 10,000.

The club sponsors many promotions and events where owners roll out their antiques for annual car shows or take them on rallies spanning hundreds of kilometres across Pakistan — something that might raise eyebrows among those aware of just how volatile this country can be. To outsiders, Pakistan is better known for militant havens in its northwestern tribal areas and Taliban insurgents who have fought for more than a decade to overthrow the government and impose a harsh version of Islamic law, killing tens of thousands of people in the war.

But Pakistan's gearheads are a testament to the universal appeal of fixing up and maintaining vintage cars. Take businessman Raja Mujahid Zafar, for one.

He has nearly 40 classic cars — the oldest among them a 1914 Ford Model T — at his palatial Islamabad home. A special section of the house and grounds is dedicated to his hobby, including a big concrete garage and two outdoor shelters.

"You can't stop time," he said, touching the Ford's copper-plated insignia, "but you can drive back into the past."

He imagines the car whizzing about on roads back when the region was still a British colony, scenes reminiscent of old movies. "That's the historical ride you enjoy."

Zafar's says his "first love" was a maroon, six-cylinder Wolseley 1936 model — a "wreck" when he found it in 1988. It took him several years and trips abroad to hunt down parts to restore it to original condition, he said.

Getting spare parts is the most challenging aspect of the hobby, the collectors say, and parts are often shipped from the U.S. or Europe. Advertisements are put in foreign newspapers — even friends travelling abroad are recruited for help.

In response to an ad in 2004, a London broker got Karachi-based businessman Karim Chhapra an original clock he desperately wanted for his 1924 Rolls-Royce Silver Ghost model. It cost £400 — or about \$725 US at the time.

The Rolls-Royce won first place at an international Concours D'Elegance car show in Kuwait in 2012, Chhapra says, and his American 1929 Hupmobile came in second.

The Rolls was originally owned by a prince, Nawab Sadiq Muhammad Khan Abbasi, in the then-India's Bahawalpur state, which later became part of Pakistan. Lord Mountbatten, the last viceroy of India, and Pakistan's father of the nation, Muhammad Ali Jinnah, rode in it together during the 1947 ceremony marking the birth of Pakistan.

It had remained garaged for decades, said Chhapra. When he occasionally takes the \$462,000 Rolls-Royce for a spin, people on the streets stop him for a selfie.

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'14 Ram 1500 SLT \$29,800 / \$210 Bi-Weekly STOCK #R16-3 (403) 457-2244	'01 BMW X5 4.4i \$7,800 / \$55 Bi-Weekly STOCK #R2442EA (587) 352-7307	'12 Hyundai Veloster Tech \$16,800 / \$143 Bi-Weekly STOCK #R24369 (587) 352-7307	'14 Ram 1500 SLT \$29,800 / \$210 Bi-Weekly STOCK #R092-5 (587) 352-7307
'13 Ram 2500 SLT \$32,800 / \$231 Bi-Weekly STOCK #R440-4 (403) 454-5794	'08 Subaru Impreza WRX \$18,800 / \$132 Bi-Weekly STOCK #R24469 (587) 352-7307	'08 Ford F-150 XLT \$16,800 / \$118 Bi-Weekly STOCK #R787-3 (403) 457-2244	'07 Mercedes-Benz ML350 \$23,800 / \$167 Bi-Weekly STOCK #R24030 (587) 352-7307

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Raja Mujahid Zafar takes his Wolseley 1936 model car for a spin in Islamabad, Pakistan. B.K. BANGASH/THE ASSOCIATED PRESS



Instead of throwing your clothes into the dryer on National Clean Air Day, why not hang them on a clothesline? SHUTTERSTOCK

Don't take clean air for granted

NATIONAL CLEAN AIR DAY

Take time to realize you can make a difference

Krista Sylvester
For Metro

It's easy to take clean air for granted when you look to the sky and see a beautiful blue horizon, but that's not always the case.

That's why National Clean Air Day (today) is the perfect time for Canadians to take a deep breath of fresh air and think about how important it is, says Environmental Defence executive director Tim Gray.

"I think it's important to have events like Clean Air Day because it gets people thinking about the issues related to the environment and brings awareness to the forefront," he said. "I think it's also a chance for people to take a step back and realize we can make a difference and look at the changes being made."

Gray said Canadians can look to one example of positive environmental change — Ontario's beautiful blue skies; they weren't always that way.

"You know, people in Ontario can look up at this beautiful blue sky, but for decades it had an orange tint to it. But since we've closed the coal



+ SUSTAINABLE TRANSPORTATION

Environment Canada spokesperson Danny Kingsberry has some tips on how Canadians can get involved for National Clean Air Day.

Kingsberry said one of the biggest contributing factors to air pollution is the transportation sector and said Canadians should commit to sustainable transportation.

"When you use public transit, cycle or walk, you can reduce your personal

emissions, save money used on fuel, contribute to your personal health and much more," he said.

Here are five other things Canadians can do:

- Make your house more energy efficient.
- Avoid burning trash, start a compost.
- Use hand-powered garden tools.
- Reduce, reuse, recycle.
- Avoid idling your vehicle.

plants down it's just blue. I think that it's important to point out that we really can make a difference."

Gray said Canadians can do their part, not only for national events such as Clean Air Day, but everyday.

"It's as simple as riding your bike to work, or buying a more

gas efficient car. Maybe instead of throwing your clothes into the dryer you can hang them out on a clothesline and they will smell like fresh air. There are lots of little everyday life things people can do to help, and the best part is it not only helps the environment, but it's usually better on their pocketbook, too."

Keep up the good work Alberta.

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(SINCE 1997)



116 MILLION USED OIL FILTERS
(SINCE 1997)



28 MILLION KG OF USED OIL CONTAINERS
(SINCE 1997)



15 MILLION LITRES OF PAINT
(SINCE 2008)



2.6 MILLION SPRAY PAINT CANS
(SINCE 2008)



6.9 MILLION COMPUTERS & TVs
(SINCE 2004)



92 MILLION TIRES
(SINCE 1992)



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Cam Newton has reportedly agreed to a \$103.8-million, five-year deal with Carolina

Wednesday, June 3, 2015

CSA head calls women's game 'a shining light'

WOMEN'S WORLD CUP

Soccer boss sees Canadian event restoring game's lustre

The head of Canadian soccer says the Women's World Cup may help restore the shine of world soccer despite the mushrooming FIFA scandal.

The turmoil in the sport's world governing body took another turn Tuesday as president Sepp Blatter, just four days after winning re-election, announced plans to step down.

Canadian Soccer Association president Victor Montagliani welcomed the news of Blatter's departure, saying change was needed in the FIFA boardroom because "I think we've lost our moral compass in the game."

"Hopefully this is the start of us giving it back."

Montagliani says the Women's World Cup will help that.

"The women's game in a lot of ways is a shining light that may part the clouds here," Montagliani told The Canadian Press on Tuesday. "Women's football is in such a pure state in terms of these girls really play for the jersey, really play for the love of the game. We're not talking big-money athletes. There's a purity to it."



Canada forward Adriana Leon clashes with England's Claire Rafferty during Friday's friendly at Tim Hortons Field in Hamilton. Canada opens up World Cup play this Saturday at Edmonton's Commonwealth Stadium. GEOFF ROBINS/AFP/GETTY IMAGES

I think we've lost our moral compass in the game.

Canadian Soccer Association president Victor Montagliani

But also a little mystery. A CSA spokeswoman, responding to a Canadian Press question about compensation for the Canadian women at the World Cup, said she could not divulge the information because of a confidentiality clause in the agreement between the team and Canada Soccer.

Montagliani did not vote for Blatter at Friday's FIFA Congress and he says he personally told the FIFA president why.

Blatter was surprised, Montagliani said. The CSA president said he had not expected Blatter to ful-

fil his term but was surprised the end came so soon.

Asked how Blatter will be remembered, Montagliani said "probably, in the short-term, not very well." That cloud will overshadow the fact there was growth during his years as general secretary and then president.

Montagliani says he never saw any signs of shady business in FIFA. He cited cultural differences in doing business

around the world, but "there's a difference between accepting differences and what's coming out (in the scandal)."

Montagliani was elected president of the CSA in 2012, one year after Blatter ran unopposed.

The native of Burnaby, B.C., was a CSA vice-president for three terms, and has been a member of its executive committee since 2005.

THE CANADIAN PRESS

MEN'S SOCCER

Akindele chooses Canada

FC Dallas forward Tesho Akindele has committed to Canada.

The Calgary-born Akindele, who also has U.S. citizenship, was part of Benito Floro's Canadian roster announced Tuesday for the World Cup qualifying series against Dominica that opens next week.

"I'm extremely excited, just honoured to get a chance," Akindele told The Canadian Press.

Akindele, named MLS rookie of the year in 2014, accepted and then declined a Canadian invitation in November and attended a U.S. camp in January. But he has yet to be cap-tied.

That will change as soon as he sets foot on the field for Canada, currently ranked 115th in the world, in the home-and-away series against No. 165 Dominica.

Akindele, who attended a Canadian under-17 camp in Costa Rica in the past, said he consulted friends, family and teammates in making his decision.

"Also I just thought I was born a Canadian citizen," Akindele said. "Every time I dreamed of international soccer, it was Canada that I thought of. Because I never knew I'd have the option of playing for America."

"So I thought I should just go with what I've always felt my whole life." THE CANADIAN PRESS

MLB

Pillar powers Jays to double-dip split

Kevin Pillar hit two home runs off Max Scherzer, and the Toronto Blue Jays snapped a four-game skid with a 7-3 win over the Washington Nationals in the second game of a day-night doubleheader.

The Nationals won the opener 2-0.

Pillar hit a solo shot in the second and, with Washington ahead 3-1 in the fifth, he put Toronto back in the lead with a three-run homer down the left-field line. THE ASSOCIATED PRESS



Kevin Pillar drove in four runs for the Blue Jays on Tuesday night. KEVIN PILLAR/GETTY IMAGES

IN BRIEF

Canada has hope in Hendo

Lorie Kane was the last Canadian to win an LPGA event back in 2001. Fourteen years later, her young protege hopes to end that drought on home soil.

Brooke Henderson highlights a contingent of 10 Canadian golfers at this week's Manulife LPGA Classic at Whistle Bear Golf



Brooke Henderson
GETTY IMAGES

Club in Cambridge, Ont. In her first season as a pro, the 17-year-old has already come close to winning a championship and ending Canada's barren run.

"We're hoping to change that this week," said Henderson, sitting alongside her caddie, older sister Brittany, in a news conference Tuesday. THE CANADIAN PRESS

FRENCH OPEN

Vintage Federer absent on red clay

Stumbling on his way to the net, Roger Federer dropped his racket and fell to his knees on the red clay. Hardly the sort of grace and precision the world has come to expect from the 17-time Grand Slam champion.

"I made 30-something errors today. He, maybe, made one," said Federer, exaggerating a bit after his 6-4, 6-3, 7-6 (4) loss in the French Open quarter-finals Tuesday to Swiss Davis Cup teammate Stan Wawrinka.

THE ASSOCIATED PRESS



Roger Federer was eliminated from the French Open on Tuesday. GETTY IMAGES

RECIPE Edamame Salad**EAT LIGHT AT HOME**

Rose Reisman
rosereisman.com
@rosereisman

The perfect protein-filled vegetarian salad.

Ready in

Prep time: 10 minutes
Cook time: 8 minutes

Ingredients

- 13 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- ½ diced water chestnuts
- ½ cup diced red bell pepper
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 2 Tbsp low-sodium soy sauce
- 1½ Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- ½ tsp minced ginger
- 1 tsp toasted sesame seeds

Directions

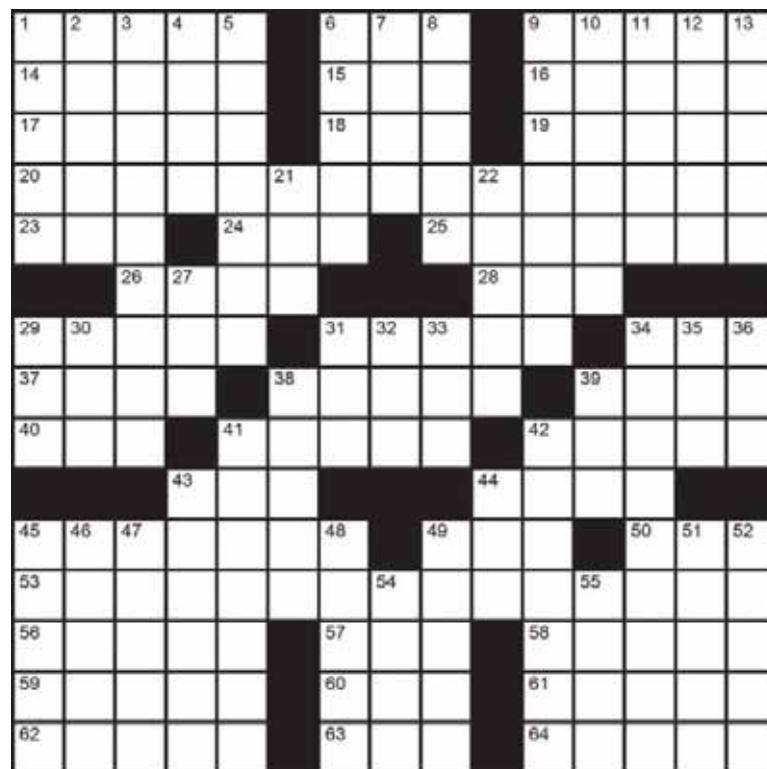
1. Boil edamame beans just until bright green, approximately three minutes. Drain and rinse with cold water. Place in serving bowl.
2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately five minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.
3. Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

Nutrition per serving

- Calories 257
 - Carbohydrates 29 g
 - Protein 17 g
 - Fat 7.9 g
 - Cholesterol 10 mg
 - Sodium 398 mg
 - Fibre 3.6 g
- PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. Did some betting at the casino
6. Stephanie Mills song: "What ___ Gonna Do with My Lovin'"
9. ___ and pains
14. Make ___ of
15. Faith, for short
16. Utah city
17. Architectural colonnades
18. 'Ranch' suffix
19. Evita musical surname
20. Neighbour of Cdn. territory the Yukon: 4 wds.
23. Henry James ___ (British poet)
24. Twi ___ (Humanoid species in the 'Star Wars' universe)
25. Tornado
26. Bitty bug
28. Born, in Boucherville
29. Eyewear, colloquially
31. X-___
34. Faint
37. Waiter's prop
38. Strong
39. Gateway
40. Nevertheless
41. Baby bird sounds
42. Sunups
43. Pecan
44. "It's ___ too long!"
45. Famed hotel in New York, Waldorf ___
49. Mints brand, ___ tac
50. Brain liquid [acronym]
53. 16th-century



English explorer who searched for the Northwest Passage in Canada: 2 wds.

of nine Long list's ender

Fill with fuel: 2 wds.

Someone's saver 8. Upward

9. Submitted a CV
10. Wrinkle
11. "The Magnificent Seven" (1960) actor Mr. Buchholz
12. Call forth
13. Navigational aid-at-sea
49. Statue of Liberty's light
51. Feel
52. Ozone-damaging refrigerant
54. Pro ___ (In proportion)
55. Unaccompanied

DOWN

60. This is ___ sudden!"
62. "___ Anatomy"
63. "Go team!"
64. Green hue

of nine Long list's ender

Fill with fuel: 2 wds.

Someone's saver 8. Upward

Submitted a CV

Upward

Wrinkle

"The Magnificent Seven" (1960) actor Mr. Buchholz

Call forth

Navigational aid-at-sea

Pro ___ (In proportion)

Unaccompanied

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8	2
3	6		4
5		7	
6	1	9	4
4			5
2	7	8	3
	2		8
7	9		3
	3	1	

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*** IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20
A decision needs to be taken about your financial situation and it is up to you to take it and make it work. Don't keep quiet and let others call the shots — if you do it is they who will gain and you who will pay.

Taurus April 21 - May 21
A battle of wills is likely today but because it is a battle that neither side can win you are advised not to take it too seriously. Speak your mind but don't waste time and energy trying to get others to change theirs.

Gemini May 22 - June 21
If you recently made some kind of error then hold up your hand and admit it. No one will think less of you and punishment is unlikely to be severe. Swallow your pride and accept your share of the blame.

Cancer June 22 - July 23
If you find yourself arguing over a subject you feel strongly about today make sure it does not get out of hand. It is not worth putting a friendship at risk to win a debate that soon everyone will have forgotten about.

Leo July 24 - Aug. 23
You will find your options limited today and there is nothing much you can do about it. It may not be your way to do nothing, but sit tight and wait for the restriction to pass.

Virgo Aug. 24 - Sept. 23
You will hear something over the next 24 hours that you utterly disagree with, but this is not a good time to make your feelings known. It could be that someone is being deliberately provocative just to see how you react.

Libra Sept. 24 - Oct. 23
You won't lack for advice today, but how much of it is good advice? Hardly any of it, according to the planets, so ignore what others say and follow your instincts.

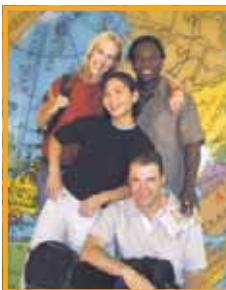
Scorpio Oct. 24 - Nov. 22
There are times when it is right to forgive and forget but this isn't one of them. If you let someone who has damaged you in some way off the hook it will make you look weak and encourage others to take advantage. Get tough.

Sagittarius Nov. 23 - Dec. 21
Don't waste your time and energy trying to figure out something that most likely has no meaning at all. This is one of those occasions when, if you ignore a problem, it won't be a problem for long, so leave it alone.

Capricorn Dec. 22 - Jan. 20
Because everyone else seems happy with what's going on you may be reluctant to voice your disapproval, but chances are if you speak up today others will be encouraged to as well. You're by no means alone.

Aquarius Jan. 21 - Feb. 19
You will encounter opposition in some way today and you are going to have to find a way to balance your domestic responsibilities and your career ambitions. It won't be easy but it can be done — so do it!

Pisces Feb. 20 - March 20
You will get frustrated with people who can't make up their minds today. For your own peace of mind it might be best to leave them out of your plans altogether and just do your own thing.



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